

Sun-dried tomato & seed pâté

Enough for 2-3 people

Ingredients:

$\frac{1}{4}$ cup sun-dried tomatoes (soaked in water for at least an hour)

$\frac{1}{4}$ cup soaked sunflower seeds (soaked for at least 2 hours)

$\frac{1}{4}$ cup soaked almonds (soaked for at least 2 hours)

$\frac{1}{2}$ red onion (chopped finely)

$\frac{1}{2}$ tbsp lemon juice

handful of fresh herbs (basil or parsley)

$\frac{1}{2}$ clove crushed garlic

1 tsp dark organic miso

Pinch of salt, cayenne & black pepper

Blend together all above ingredients apart from red onion. Add a drop of water for smoother consistency if preferred. Stir in onions and fill a ramekin or small bowl with the pâté. Place upside down on serving dish and remove dish, garnish with fresh herbs & serve with sliced carrot or cucumber.

