

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Easy Flaked Almond "Tuna" Salad

- 1 cup raw almonds, soaked
- 2 celery stalks, finely chopped
- 2 green onions, finely chopped
- 1 garlic clove, minced
- 3 tablespoons vegan mayo (I use soy-free
veganaise)
- 1 teaspoon Dijon mustard
- 1/2-1 tablespoon fresh lemon juice, to taste
- 1/4 teaspoon fine grain sea salt, or to taste
- Freshly ground black pepper, to taste
- Pinch of kelp granules (optional)
- 1 English cucumber, peeled and sliced into
1cm rounds (optional)



1. Soak almonds in a bowl of water for 3-9 hours until plump. Drain and rinse well.
2. Add almonds into a food processor and process until finely chopped. It should look a bit like flaked tuna. Place into a medium mixing bowl.
3. Add the chopped celery, green onion, garlic, mayo, mustard, and lemon into the bowl. Stir well to combine. Season to taste with salt and pepper. Add a pinch of kelp granules if desired.
4. Slice cucumber into rounds, if using. With a small spoon, gently scoop out the center of each cucumber round to create a small well. Spoon the almond mixture onto each cucumber round. Serve on a platter if you wish. You can also serve it in a pita, with crackers, or on top of a salad. Refrigerate leftover salad for up to 3 days. Serves 6.

Recipe from ohsheglows.com