

Herbal Legacy Recipes

Mock Tuna

INGREDIENTS:

- 1 ½ cups garbanzo beans
- 1 tbsp. Bragg's all purpose seasoning
- ½ cup parsley chopped fine
- ½ cup green onions, chopped fine
- ¼ cup nutritional yeast flakes
- ½ green bell pepper, chopped fine
- ½ red bell pepper, chopped fine
- 1 cup celery, chopped fine
- ½ cup Almonnaise
- ½ tsp. kelp (optional)



DIRECTIONS:

1. In a bowl using a potato masher, or in a food processor, mash garbanzo beans. (Do not over-mash; should resemble a “flaked” texture.)
2. Add remaining ingredients to mashed garbanzo beans and mix well.
3. Chill in refrigerator. Serve on a sandwiches or use on crackers or rice cakes.

Optional: Adding the kelp powder will give it a more “fishy” flavor. Kelp powder can be at a natural food store. Top with diced tomatoes and a handful of sprouts.

Adapted from the book “The Optimal Diet” by Darlene Blaney and Hans Diehl

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2008 Herbal Legacy