

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Not Tuna Pate

from Raw Food Made Easy

- 1/2 C soaked raw sunflower seeds
- 1/4 C soaked raw almonds
- 2 Tbsp water
- 1 Tbsp Lemon juice
- 1/4 tsp salt
- 1 1/2 Tbsp minced celery
- 1 Tbsp minced onion
- 1 Tbsp minced fresh parsley (cilantro is good too)

Place sunflower seeds, almonds, water, lemon juice and salt in food processor fitted with the S blade and process into a paste. Stop occasionally to scrape down the sides of the bowl. Stir in celery, onion and parsley. Mix well. Stored in a sealed container, it will keep for 5 days in the refrigerator.



For Not Salmon Pate add 1/4 C grated carrot and use 1 Tbsp minced fresh dill weed or 1 tsp dried, rather than the parsley.