

## Sunflower Seed Paté

5/8 cup warm water

1/4 cup olive oil

1 onion, peeled and coarsely chopped

1/4 cup tamari (I substituted coconut aminos for non-soy option)

1 large potato, peeled and diced (sweet potato option is a colorful, sweeter version)

1 cup raw, shelled sunflower seeds

1/2 cup whole-wheat flour (I substituted buckwheat flour for GF option)

1/2 cup nutritional yeast flakes

1 or 2 garlic cloves (or 1/4-1/2 tsp. garlic powder)

1 – 2 tsp. dried herbs of your choice: I used oregano and basil

Combine all ingredients in a food processor or blender and blend until very smooth. Pour into two greased (or parchment-lined) fruitcake loaf pans. Bake for 60 – 70 minutes or until set. Cool thoroughly, remove from pans carefully and wrap well in plastic. Store in refrigerator for up to 2 weeks or in the freezer for up to 3 months.

Serve with home-made pita chips or baked nachos; also tasty as a topping for salad.

(Baked in small fruitcake pans this would make a great gift, if you can resist eating it all yourself!)

Recipe inspiration from The LEADING VEG Cook Book – printed by Vegetarians of Alberta, 2002