

Mock Tuna

Prep Time: 12 minutes

Mock Tuna:

2 cup almonds - soaked 12-24 hrs
2 cup sunflower seeds - soaked 4-6 hrs
2 cloves garlic - minced
1/4 cup lemon juice
1 tsp sea salt
1 Tbsp dulse
2 Tbsp kelp
1 onion - diced small
2 stalks celery - diced small
1 red bell pepper - diced small
1 golden delicious apple - diced small

Instructions:

Blend almonds, garlic, lemon juice, sea salt, dulse, and kelp until it is a pate consistency. Then add the sunflower seeds and blend again until it is paste consistency. Stir (not blend) in onions, celery, red bell pepper, and apple.

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org