

## **Best Ever Almond Nut Pate'**

2 cups almonds, soaked

1 cup sunflower seeds, soaked

3 carrots

3 stalks celery, finely chopped

1 red bell pepper, finely chopped

½ red onion finely chopped

½ cup fresh parsley, finely chopped

2 tbsp fresh lemon juice

1 tsp. sea salt or to taste

¼ tsp cayenne OR 1-2 tsp. curry powder

Process the almonds, sunflower seeds and carrots through a champion juicer using the solid plate or in a food processor fitted with the "S" blade. Transfer to a mixing bowl and add the celery, bell pepper, red onion, parsley, lemon juice, salt and cayenne or curry powder. Mix well. Serve with vegetable slices or spread on crackers or bread.