

Walnut Loaf

1 cup chopped walnuts

½ cup sunflower seeds

1 ½ cup cooked brown rice

1 cup soy or nut milk

½ cup fresh parsley chopped

1 cup seasoned bread crumbs

(You can make your own bread crumbs from whole wheat bread. Use day old bread.

Cut off crusts of 3 slices and chop in food processor)

2 T. whole wheat flour

1 bunch of green onions chopped

½ tsp salt

Combine all ingredients in mixing bowl. Pack lightly into loaf pan.

Bake at 350 degrees for 1 hour.

Good for sandwiches. Freezes well.