

WALNUT PATTE

Soak 4 cups walnuts overnight - (1lb)rinse, drain.

then Add to food processor:

Soaked Walnuts

1 cup Alfalfa sprouts - dehusked(optional)

6 oz cup water

1 jalapeno split & seeded

2 cloves garlic

1 tbs onion powder

1 tbs garlic powder

2 tbs Kelp flakes or Dulse

2 tbs Braggs Liquid Aminos

2 tbs nutritional yeast

1 tbs Herbes de Provence (typically contains [savory](#), [fennel](#), [basil](#), and [thyme](#)) from Spice Exchange in Rookwood , Krogers Hyde ParkWhole Foods

1/4 tsp cayenne pepper

1tbs fennel seed

1tbs Parsley

Blend till smooth - add water as needed to make flow. Add fennel seed and hand mix

Makes about 4 cups:

enough to stuff 4 peppers – then cut peppers in 1/8ths

Serve on cucumber slices with a melon scoop of walnut Patte on the sliced cucumber, add a cherry tomato slice to top and sprinkle with “Herbs de Provence”

Or serve on crackers Optional - In bowl add chopped celery to walnut mixture - mix by hand

4 16oz bags walnuts = 4 ¾ batches that stuffed 16 peppers