

## Mock Meatballs

by Marlene Glickman

- 1 cup Brazil Nuts (soaked 4 hours and rinsed)**
- 1 cup sunflower seeds (soaked overnight and rinsed)**
- ½ a medium onion**
- 1 Tbsp Nama Shoyu**
- 1 Tbsp miso**
- 1 tsp sea salt**
- 2 Tbsp fresh sage**
- 2 Tbsp fresh rosemary**
- 2-3 cloves garlic**



Finely chop the Brazil nuts in a food processor, set them aside  
Blend all the remaining ingredients except the sunflower seeds in the food processor until finely chopped, then add the sunflower seeds and process until it makes a pate. Mix this with the brazil nuts. If you really want them to be like meatballs make patties and dehydrate them for a few hours until slightly crusty. Otherwise enjoy like a pate.

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