

## South of the Border

from Living in the Raw by Rose Lee Calabro

- 1 cup almonds, soaked 12-48 hours and rinsed**
- ½ cup sesame seeds, soaked 6-8 hours and rinsed**
- ½ cup sunflower seeds, soaked 6-8 hours and rinsed**
- ½ c lentils, sprouted**
- 1 medium tomato**
- 2 cloves garlic**
- ½ red onion**
- 2 T Bragg Liquid Aminos [we recommend Nama Shoyu instead, as Braggs is pasteurized]**
- 2 T flax oil**
- 1 T mild chili powder**
- 1 T cumin**
- ¼ t cayenne**



Process all ingredients in a food processor using the "s" blade until the mixture is smooth.

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>