

Veggie Loaf

- 1 sweet potato**
- 1 onion**
- 1 carrot**
- 1 white potato**
- 1 turnip**
- 1 beet**
- 3-4 stalks celery w/leaves**
- 1 lb raw nuts of your choice**
- 2 T fresh chopped garlic**



Grind the veggies and garlic in small batches in the food processor until it's all shredded into fine pieces. Set aside. Next grind your nuts to the consistency you like, paste or chunky. Then mix the batches of veggies together with the nut paste. Press your mixture into a loaf pan and refrigerate for about an hour or until it sets. You can turn the loaf out of the pan and onto a plate with fresh parsley to garnish. Makes 4-6 servings.

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>