

Walnut Pate

from Raw Power by Stephin Arlin

3c walnuts
2-3 cloves garlic
1 small onion (or half a large one)
2-3 stalks celery
1/2 C fresh parsley
1 T fresh lemon juice
1-2 tsp sea salt



Soak walnuts for 30 minutes then drain. Put garlic, onion, celery and parsley into food processor and process with s-blade until the ingredients are finely chopped. Add walnuts, lemon juice and sea salt. Blend until smooth, "coaching" the mixing if necessary. Makes about 3 cups. You can add 1/2 c water to the pate and blend longer to create a dip.

Variation - Use fresh dill instead of parsley.

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>