

NUT SEED VEGGIE LOAF

Ingredients needed: make 6 loafs 3x4"

- 1 cup of each: pecans & walnuts
- 1 cup pumpkin seeds

Step 1: soak the nuts and seeds for 4-6 hours then drain

- 2 medium carrots (diced)
- ½ cup celery sliced
- ¼ cup diced onion
- 1-2 cloves garlic minced
- 1 medium tomato diced
- 6-8 fresh basil leaves

Step 2: in a food processor process the above ingredients until a coarse meal

Step 3: add the drained nuts and seeds and process until well mixed

Step 4: add the following spices and mix well

- ½ - 1 tsp cayenne pepper
- 1 tsp of each: cumin & turmeric
- 1-2 tsp sea salt

Step 5: shape the mixture into 3x4" loafs about 1½ inches then place on a fine mesh

tray in your dehydrator – dehydrate at 95-105F to keep it raw for 4-6 hours (or these can be baked in your oven at 300F for 30-40 minutes (they should be soft in the middle). Wrap in plastic wrap and freeze for up to 2 months or keep in the fridge for 507 days.

Serving suggestions:

Top picture we have served it with raw veggies and greens from our Tower Garden.

Bottom left picture we have sliced it and put it on a flax wrap with tomatoes, arugula and dill pickles with some Dijon mustard.

Bottom right picture we have wrapped it into a big leaf of lettuce with cucumber, avocado slices, red pepper slices and an almond mayonnaise.

I have also crumbled one of the loafs into a big salad.

