

Raw Sunflower Seed Dip

by

Tim Lowry – from Winter 2012 visit

2 cup sunflower seeds
4 sun-dried tomatoes
1 med to large onion finely diced
2 tsp cumin
2 tsp sweet paprika
2 tsp coriander
3 Tbsp lemon juice
1/2 tsp minced garlic
salt, pepper and cayenne pepper to taste
1 tbsp olive oil

Soak sunflower seeds in water to cover for 2 hours to overnight

Soak sun-dried tomatoes in water to cover for at least 30 minutes.

Strain sunflower seeds and tomatoes, and place in a food processor. Add all ingredients to food processor. Process on high speed for 20 seconds or until smooth. Scrape down the sides as necessary to ensure flavors are evenly distributed.

Allow pate to site for at least 20 minute, covered, in the fridge.

Serve with fresh cucumber slices, flax crackers or as part of a salad.