

Golden Burgers & Pate

Okay...so this is so good! You can make it into burgers and dehydrate them or leave it fresh and use it to fill wraps or as a dips for crackers and veggies. It really is versatile and delicious.

2 cups packed nut pulp (not dried)

1/3 cup of oil

3 tablespoons nutritional yeast

2 teaspoons of celtic/himalyan sea salt

2 cloves garlic

1/3 cup water

1/2 up sesame seeds

Did you know...?

Tiny little sesame seeds contain 10 times the calcium of cow's milk for the same size portion! Bring on the sesame milk!

Using a food processor, add all ingredients except sesame seeds and mix thoroughly, scraping down the sides as needed. When it is all mixed, add the sesame seeds and mix well, leaving the sesame seeds intact but throughout the mixture.

If you choose to make burger, use about 2 tablespoons of the mixture, roll into a ball and press somewhat flat. Dehydrate on 106 degrees for about 3 hours or until warmed through. Serve with a slice of tomato, lettuce and pickle for a scrumptious little burger.

If you are using as a pate, you can fill a lettuce leaf with the pate, add some avocado slices, cucumber slices, red peppers, sprouts...whatever you like. Roll it up and serve. It is a great dip too!

**"Service is the rent you pay for room on this planet."
~Shirley Chisholm~**

