

SUPER SUNFLOWER SEEDS

SPROUTED SEED DIP

Sprout Seeds for 2–3 Days

- 1-1/2 Cups Sprouted Sunflower Seeds
- 1 Cup Carrot, grated
- 1/3 Cup Onion, chopped
- 1-1/2 Tbsp. Lemon Juice and Zest
- 2 Tbsp. Raw Tahini
- 1 Tbsp. Seasonal Miso
- 1 Tbsp. Ginger, grated
- 2 Garlic Cloves, chopped
- 1/2 tsp. Herbamaré
- Dash Cayenne, to taste
- 1/4 Cup Water, as needed

Place all in a food processor. Purée and chill. Serve on pitas or with vegetables.

TOASTED SEEDS

- 1/4 Cup Seeds
- 1 tsp. Tamari

Heat cast iron skillet. Dry roast seeds 3-5 minutes. Stir often. Remove from heat. Add Tamari. Serve.

SUNNY SANDWICH SPREAD

- 1 Cup Raw Sunflower Seeds, (soak 6-12 hrs)
- 1 Cup Raw Almonds (soak 6-12 hours)
- 1 Cup Carrot, grated
- 3 Garlic Cloves, chopped
- 1/3 Cup Parsley, chopped
- 1/4 Cup Water
- 2 Tbsp. Braggs Aminos or Tamari
- 1/8 tsp. Cayenne
- 2 Tbsp. Nutritional Yeast
- 1 tsp. Dijon Mustard
- 2 Tbsp. Lemon Juice and Zest
- 3 Scallions, chopped
- Sprouts and tomato for garnish

Drain nuts and seeds. Rinse and drain again. Place all in a blender. Garnish. Chill and serve.

ROASTED SEED SPREAD

- 1/2 Cup Seeds, dry roasted
- 2 Tbsp. Balsamic Vinegar
- 2 Tbsp. Honey
- 2 Garlic Cloves, minced
- 1/8 Cup Water
- 3 Tbsp. Seasonal Miso
- 1 Tbsp. Tahini
- 14 oz. Extra Firm Tofu
- 3 Scallions, chopped

Blend. Add tofu slowly. Water may be optional, or you may need more. Serve as a dip or lunch filler on bread.

*Free Vegetarian (Vegan)
Cooking Class
By Chef Debby DeGraaff*