

## Raw Walnut & Mushroom Loaf 11/23 - Brad Myers

### Raw Loaf

3-4 Crimini Mushrooms- Finely diced and sliced & marinated in Balsamic Vinegar  
1/3 C Raisins  
1 C Walnuts  
1 ½ C Carrot Juice Pulp  
½ C Finely Diced Onion  
½ C Sunflower Seeds  
2 T Olive Oil  
1 T Toasted Sesame Oil  
1 T Oat Flour  
1 T Flax  
1 t Rosemary, Herbamare, & Pepper  
½ t Thyme, Cumin, Parsley, & Onion Powder  
¼ t Sage

In a food processor, blend walnuts, raisins, flour, spices & herbs first. Then add carrot pulp, oils, & seeds and pulse in processor. Finally stir in onions and mushrooms to the mix. Shape into squares or little rolls and dehydrate, eat raw, or put on parchment paper and cook on lowest setting possible for 1-2 hours.

### Pumpkin Spiced Gravey

¼ C Raw Pumpkin- Diced  
1 T Lime Juice  
¼ C Goji Berries  
1/8 C Whipped Honey  
¼ C Coconut Butter  
1-2 T Tahini  
1 T Nutritional Yeast  
¼ t Pumpkin Spice  
Pinch Salt

Blend the Goji Berries dry in blender first, then add all ingredients & blend until smooth. Drizzel over loafs. Gravey will thicken as it sits ☺