

Sunflower Seed Pâté Sticks

These tasty snacks are packed full of fiber and good for you omega oils. Spice them up any way you like or use this zesty spice blend.

Cook these on the lowest heat setting in the oven or in a dehydrator to make this a raw food. Dry them out longer to make them crispy, or shorter so they're chewy.

Spicy Sunflower Seed Pâté Sticks

Makes 12 sticks

Prep time: 30 minutes

Cook time: 3-4 hours

1 cup raw sunflower seeds

¼ cup chia seeds

2 Tbs. flax seeds

2 Tbs. lime juice

2Tbs. water

2 tsp. paprika

1 tsp. chili powder

½-1 tsp. cayenne

2 tsp. oregano

2 tsp. salt

2 cloves garlic

4 sheets nori seaweed sheets, cut into 2.5x7.5" strips

1. Cover sunflower seeds in 1" fresh water and soak overnight. Drain.
2. In a food processor or blender all ingredients except seaweed into a fine paste.
3. Spread a heaping Tbs. pate mix on a piece of seaweed. Roll into a tube.
4. Place roll seam side down on a cookie sheet.
5. Repeat until pate is gone.
6. Place cookie sheet in oven at lowest setting or in a dehydrator until sticks are desired firmness.