

Hazelnut Pate

Ingredients:

- 1 cup hazelnuts, soaked 3 hours, skins rubbed off if cooperative (almonds work too)
- ½ cup sun dried tomatoes, soaked
- 1/3 cup tomato soaking water
- 1 cup bell pepper cut in chunks
- 2 TBS olive oil
- 2 TBS lemon juice
- 2 TBS fresh parsley
- ½ celtic salt
- veggies to serve it on, such as chard, tomato slices or lettuce

Directions:

Food process with “S” blade, adding enough of the soaking water to get the desired consistency.

Spoon onto leaves or tomato slices to serve.

Makes about 2 cups.