

Raw Recipe – Pine Nut Patty

Ingredients:

- 3 cups pine nuts
- ½ cup red onion, chopped
- ½ cup celery, chopped
- 1 package (4 oz) agar flakes
- 1 ½ cups red bell pepper, chopped
- Braggs Aminos to taste or wheat-free tamari
- 2 TBSP pure water

Directions:

Combine all ingredients. Form into patties.

Makes 4 servings.