

## Raw Recipe – Walnut Pate or Non-Meatballs

### Ingredients:

- one cup raw walnuts, soaked about 4 hours and drained
- 1 TBS lemon juice
- 1 tsp extra virgin olive oil
- 1 TBS Italian seasoning
- 1 tsp tamari sauce
- 1 clove garlic, well mashed
- salt to taste, if permitted
- 1 TBS minced parsley
- 1 TBS minced onion

### Directions:

Place ingredients in a food processor and pulse until it's as fine as you want it.

Use as a spread or form into non-meatballs and serve with raw marinara sauce.