



## HERBED SUNFLOWER SEED DIP OR SPREAD

*This is a rich but easy to make dip. Go easy on the dip and eat it with lots of vegetables or wrapped in lettuce leaves with sprouts and tomato.*

1 cup raw sunflower seeds  
1-2 tablespoons lemon juice  
2-3 tablespoons chopped Italian parsley  
½ cup basil leaves  
1-2 tablespoons Nama shoyu or tamari  
1-2 cloves garlic, minced  
freshly ground black pepper, to taste

Soak the sunflower seeds in water for at least 2 hours, or overnight, or from morning until evening.

Drain sunflower seeds (reserving water in case you need it) and put into food processor or high speed blender with the remaining ingredients. Process until smooth, scraping down the sides as you need to. Add some of the soaking water, if necessary, to make it a spreadable consistency.

Let sit at least 20 minutes for the flavors to blend. Serve on top of cucumber slices or with crackers. Makes 2 cups.