

Almond Herb Pâté



Ingredients

- 1 ¼ cup raw almonds, soaked for 2-3 hours in water, then drained
- 2 Tbsp extra virgin olive oil
- chili flakes
- ½ cup fresh basil
- ¾ cup raw pine nuts
- 4 leaves fresh sage
- 2 cloves garlic
- 3 Tbsp olives, pitted
- 3 Tbsp lemon juice
- Total Time:** 30 minutes
- 1 tsp sea salt
- ½ cup water

Directions

1. Soak raw almonds for 2-3 hours in water.
2. Drain the water.
3. In a food processor, pulse the almonds, pine nuts, garlic, lemon, salt, and water until a coarse consistency.
4. Blend in any, or all, optional ingredients if desired.

Nutritional Information

- Calories 106
- Total Fat..... 10 g
- Saturate Fat 1 g
- Cholesterol 0 g
- Total Carbohydrate 3 g
- Dietary Fiber 2 g
- Sugar 1 g
- Protein 3 g
- Sodium 150 mg
- Potassium 86 mg
- Serving size..... 2 Tbsp
- Recipes yields..... 15 servings