

CARROT PATE'

INGREDIENTS

4 large carrots, peeled and chopped and then pulsed in food processor until fine (approx 2 cups-- grate with a grater if you do not have a food processor and then rough chopped after that)

2-3 garlic cloves, rough chopped

1/2 cup tahini

1/4 cup lemon juice (or apple cider vinegar)

1 tablespoon apple cider vinegar

1/4 cup plus 2 tablespoons water

1 cup celery (approximately 3 -4 stalks), chopped small

1/2 cup green onion (approximately 5 stalks, white and green parts included), chopped small

1 large bell pepper, chopped small (red and yellow are sweeter peppers, green is a little more bitter. Any of them work great as to your liking.)

1/2 cup cucumber (peeled, de-seeded, and chopped small)

1/2 cup parsley (optional)

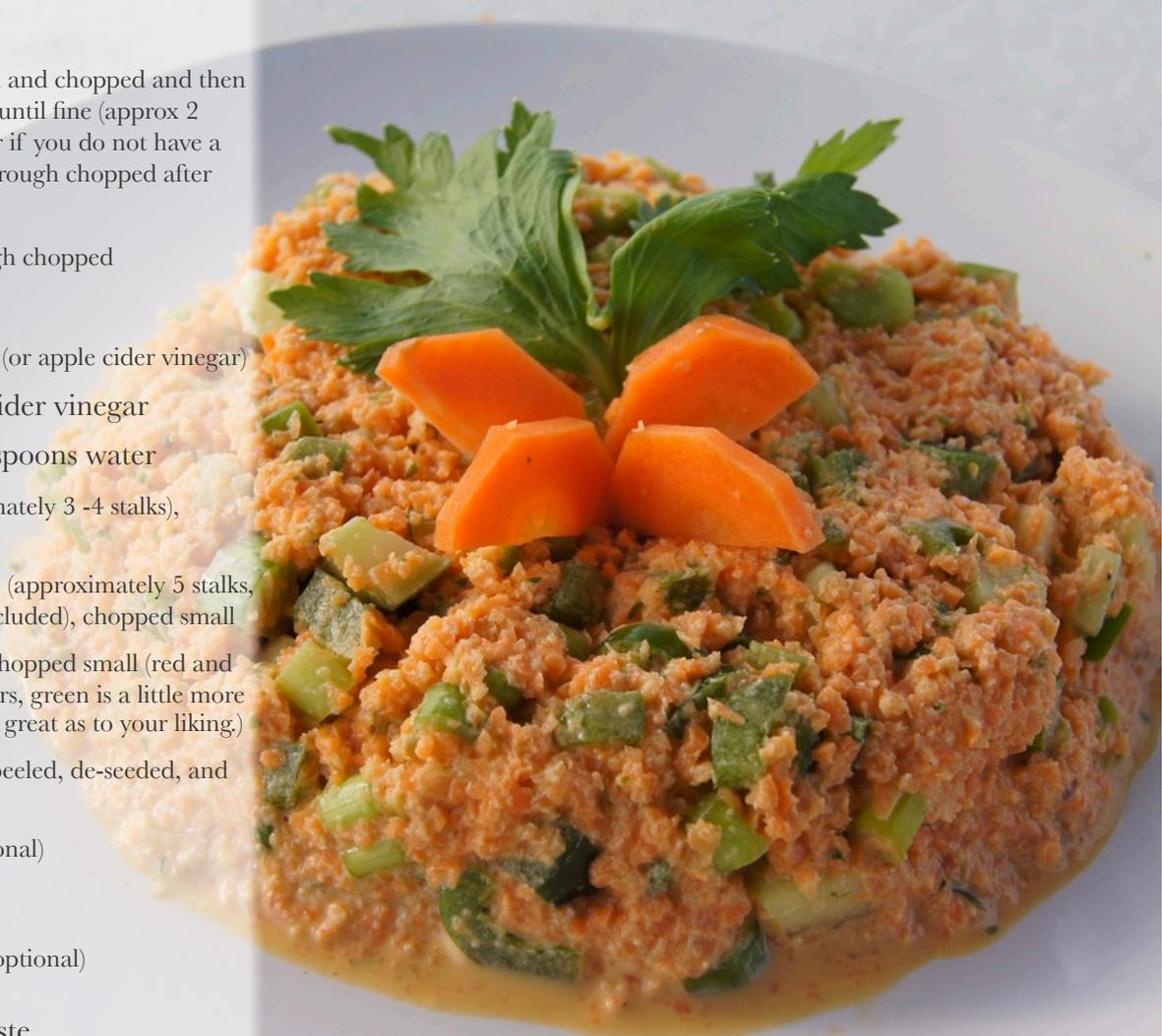
1/2 cup dill (optional)

2 tbsp dulce (optional)

2 tsp garlic powder (optional)

1 tsp salt

salt and pepper to taste



PREPARATION

Place carrots, garlic, and if using nuts or seeds add them and pulse in food processor until rough grind. Add tahini and lemon juice and spices of your choice and blend in food processor until well mixed.

If needed you can add a little water to get desired consistency. Will probably need to stop a few times to scrape mixture down the

sides to make sure everything gets evenly blended. Take out of food processor and transfer to bowl and then mix in vegetables.

If you do not have a food processor, you grate carrots, then chop fine.

Mince garlic very fine and add in and chop some more all together to get it mixed. Then transfer to bowl.

Mix in desired spices and mix well. Mix lemon juice, tahini, and

about 2 tablespoons water and blend well then drizzle into mixture and stir well. Add chopped vegetables and stir until everything is coated well.

If it tastes or looks to dry mix a little more tahini, lemon, water mixture and drizzle, then stir.