

SUNFLOWER SEED PATÉ

Pregnancy and postpartum are times of very high demand for phospholipids, especially choline. As the fetus grows, it requires large volumes of phospholipids for new cell generation. In addition, or as an alternative to liver-based paté, this delicious sunflower-seed based paté also offers choline (although in lower amounts than those in liver) and vitamin E.

DIRECTIONS

1. Begin by soaking your sunflower seeds overnight.
2. With the grating adjustment, grate your carrots straight into your food processor.
3. Add all other ingredients in a food processor and process until smooth and well combined.
4. Adjust all seasoning to taste.
5. Spread over crusty sourdough bread or enjoy as a dip or with crackers.

Recipe by [One Green Planet](#)

INGREDIENTS:

- 1 1/2 cups sunflower seeds, soaked in water
- 4 medium carrots, grated
- 1/4 cup extra virgin olive oil
- 2 tablespoons good quality vegetable stock powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1 teaspoon chili flakes
- Salt and pepper, to taste
- 1/4 cup fresh parsley
- 1 tablespoon tomato paste