



## Symbiosis Ranch Recipes

### Vegetable Pate

1 sm. head	Cauliflower
1 sm.	Red pepper
1 sm.	Yellow squash, cut in chunks
1 c.	Sunflower seeds
1/4 - 1/2 c.	Chopped onion
1/2 c.	Chopped parsley
1 c.	Mixed dehydrated vegetables
1/3 c.	Ground flax seeds
4 T	Chopped shallots or scallions
2-3 T	Liquid amino, like Bragg's Aminos
2-3 t.	Flax seed oil
8-12	Green olives, chopped
1 t.	Ground cumin
1/2 t.	Curry powder
1/2 t.	Ground coriander

Using a heavy-duty juicer with a blank screen (champion juicer), put the cauliflower, red pepper, squash, sunflower seeds, onion, and parsley through the machine and into a large bowl. Stir in the dehydrated vegetables. Put the mixture through the juicer and into a bowl again. Stir in the flax seeds, shallots, liquid aminos, oil, olives, cumin, curry, and coriander. Refrigerate the pate for at least 1 hour. Stir the mixture, taste and adjust for seasoning. Mold the pate into the desired shape, cover with plastic wrap, keep refrigerated. Serves 8-10.