

# Super-Food Vegan Seed Pâté

## Ingredients

- 2 TBSP. chia seeds
- 2 TBSP. flax seeds
- 1 cup pumpkin seeds
- 1 cup sunflower seeds
- ¼ cup pine nuts
- 1 tsp. sesame seeds
- 1 tsp. poppyseeds
- 1 tsp. lemon juice
- 2 TBSP. soy sauce
- 2 cloves garlic
- 1 TBSP. nutritional yeast
- 1 tsp. dulse flakes

## Steps

1. Place the chia seeds, flax seeds, sunflower and pumpkin seeds in a large bowl of water, and soak for several hours or preferably overnight.
2. Drain the extra water from the seeds, and place in a blender along with the remaining ingredients. Blend until smooth, and serve.

