

Mock Tuna Salad

1 cup sunflower seeds, soaked 6-8 hours & rinsed

1/2 cup celery, chopped finely

1/2 cup sweet onion, finely chopped

1/2 cup fresh parsley, chopped

2 T lemon juice

1 T Bragg Liquid Aminos

1-2 t dulse flakes

Add enough cashew sour cream to moisten and hold together.

Process almonds, sunflower seeds, and sesame seeds in a in a food processor using the 's' blade.

Add remaining ingredients and mix well.

Optional additions: chopped black olives, chopped green pepper

Cashew sour cream

4-6 C Cashews

4-6 Lemons Juiced

Braggs to taste

4-6 cloves of garlic

Blend or process till smooth the cashews, lemon juice, Braggs and garlic. If you are using for sour cream and it is too thick you may want to add some water. Keeps well for several days in the fridge