

Nut Pate Meatballs -- adapted from Raw Food Made Easy for 1 or 2 People
by Jennifer Cornbleet

1 cup soaked raw walnuts or pecans

1 tablespoon fresh lemon juice

1 teaspoon extra-virgin olive oil

1 teaspoon tamari

1/4 teaspoon Real Salt Organic Garlic

1 Tablespoon minced fresh parsley or cilantro

1 tablespoon minced onion

2 tablespoons Marinara Sauce (from raw recipes)

Combine in a food processor with the "S" blade the walnuts, lemon juice, olive oil, tamari, garlic salt and process into a paste. Stop occasionally as need to scrape the sides down. Put into a mixing bowl and stir in the onion and parsley or cilantro.

Form the pate into 2-3 meatballs and cover with Marinara Sauce.

Note: We like these taste meatballs so much I double the recipe and save half for later. They are great on their own or added to the raw spaghetti.