

### **“South of the Border” Pate**

1 cup sunflower seeds (if possible, soak 4-8 hours, sprout 0-2 days, dehydrate overnight)  
1 cup pumpkin seeds (soaked 6 hours or overnight, drain and rinse)  
2 stalks celery  
2-3 cloves garlic  
¼ onion  
½-¾ cup dried tomatoes, soaked to soften (15-60 minutes)  
1-2 teaspoon cumin  
2-3 tablespoon chili powder  
1-2 teaspoon dark miso  
1-2 teaspoon cayenne  
1 tablespoon ( or more to taste) lime or lemon juice  
½ cup water (more as needed)  
¼-1/3 bunch cilantro

Process all except the cilantro in a food processor. Add more water as needed to create a pate consistency. Add cilantro to the pate and process to blend. (As you can see, the amount of ingredients can be adjusted- one beauty of living foods!)

### **Almond Mylk**

¼ cup almonds  
1-3 cups water, depending on how “skim” you like your mylk  
Agave nectar or maple syrup to taste (optional)  
Vanilla to taste (optional)  
Salt to taste (optional)

If you have a powerful blender, blend all the ingredients you are using. If your blender doesn't do a satisfactory job of blending the nuts, first blend the almonds and water, strain and then add the rest of the ingredients you are using. (Or be o.k. with a few nut pieces floating in your mylk!)

### **Chocolate and/or Carob Cupcakes or Cookies**

2 cups walnuts (if possible, soak 4-8 hours and dehydrate overnight)  
1 cup raisins or dates (soaked to soften, if necessary)  
¼ cup chocolate or carob powder or half and half  
½ cup cacao nibs (optional)  
Dried coconut or finely ground nuts

Grind walnuts first in the food processor, to a chunky or fine consistency. Add raisins or dates, and the powder. Process until blended completely or until it forms a ball. Press into cupcake tins which have been dusted first with the coconut or nuts, to make the cupcakes easier to remove. Or just form small amounts into cookie shapes.