

# Almond Herb Pâté

*Swick*

Makes 2 cups | Active Time: 30 minutes | Total Time: 30 minutes

## Chef's Notes

The consistency of nuts and seeds provides great foundational texture and consistency for many raw dishes such as veggie patties, spreads and dips. While the fat content is higher in these foods, so is the nutrient density, making them a great choice to build a variety of raw meals from pâtés to fillings, and binders or bases for raw burgers or croquettes.

## Preparing the Almond Pâté

First, gather and prepare your mise en place.

To prepare the paste, in a food processor, pulse the almonds, pine nuts, garlic, lemon, salt and water until a coarse consistency.

Use this recipe as a base pâté and add your favorite herbs and spices.

## Step 1: Preparing the Almond Pâté

- 1 1/4 cup raw almonds, soaked for 2 to 3 hours in water, then drained
- 3/4 cup raw pine nuts
- 2 cloves garlic
- 3 tbsp lemon juice
- 1 tsp sea salt
- 1/2 cup water

## Step 2: Flavoring the Pâté

- 2 tbsp extra virgin olive oil (optional) To flavor the pâté, blend in any, or all, optional ingredients, if desired, to achieve different flavor profiles.
- chile flakes (optional)
- 1/2 cup fresh basil (optional)
- 4 leaves fresh sage (optional)
- 3 tbsp olives, pitted (optional)