

Nuts, Seeds & Cranberries Spread

Ingredients

1 cup cashew, soaked
1 cup sunflower seeds, soaked
1 tablespoon Dijon mustard
2 tablespoons coconut oil
1 teaspoon paprika
1 teaspoon garlic powder
2 tablespoons nutritional yeast
1 teaspoon chipotle adobo
2 tablespoons lemon juice
¼ cup parsley, minced
¼ cup chives, minced
½ cup dried cranberries
½ cup walnuts, toasted and chopped
Salt and pepper, to taste
Edible flowers, to garnish

Method

1. Drain the water from the cashews and sunflower seeds and place in the blender. Add the mustard, lemon juice, melted coconut oil, paprika, garlic powder, nutritional yeast, chipotle adobo, lemon juice, salt, and pepper. Blend until smooth.
2. Pour the spread into some food wrap and form a ball. Place in the freezer for 1 hour or until firm.
3. In a bowl combine the chopped parsley, chives, cranberries, and walnuts.
4. Remove the spread ball from the freezer and gently remove the plastic wrap.
5. Gently roll the spread ball in the nuts and herbs until fully covered. Place the ball in a plate and keep refrigerated until ready to serve.
6. Decorate with edible flowers and enjoy with your favorite crackers, toast, or crudités.

¡Buen Provecho!

from the Culinary Team at Rancho La Puerta

questmessage@rancholapuerta.com | 800-443-7565