

PREPARATION: 30 MINUTES

BAKING: 45 MINUTES

9 SERVINGS

ALMOND VEGETABLE SPREAD



INGREDIENTS

<u>1 cup sweet potato, peeled and diced in 1 cm</u>	<u>3 tablespoons vegetable oil</u>
<u>1 cup sunflower seeds</u>	<u>¾ cup water</u>
<u>½ cup whole almonds</u>	<u>Zest of 1 lemon</u>
<u>2 tablespoons olive oil</u>	<u>2 tablespoons lemon juice</u>
<u>1 cup onion, diced</u>	<u>2 teaspoons low-sodium soy sauce*</u>
<u>1 cup carrot, diced</u>	<u>½ teaspoon smoked paprika</u>
<u>½ cup whole wheat flour</u>	<u>¼ teaspoon thyme</u>
<u>½ cup nutritional yeast</u>	<u>Black pepper to taste</u>

Nutrient Analysis

Per serving: ⅓ of recipe

Calories	260 Kcal
Protein	8 g
Carbohydrates	18 g
Fibre	5 g
Sugars	3 g
Total Fat	20 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	59 mg
Potassium	416 mg
Phosphorus	311 mg

PREPARATION

- 1 Add sweet potatoes to a medium pot, fill with water, and bring to a boil. When boiling, drain water and fill pot again. Finish cooking until tender (about 10–12 minutes). Drain the water, mash them, and set them aside.
- 2 In food processor, crush sunflower seeds and almonds and set aside.** Chop the carrots and onions in processor and set aside.
- 3 Place grill in the middle and preheat oven to 350°F.
- 4 In a large non-stick frying pan, heat olive oil over medium-high, and fry onions and carrots for about 10 minutes or until vegetables are slightly browned.
- 5 In a large bowl, combine all ingredients: ingredients from steps 1–4 and the remaining ones from the list, from wheat flour to black pepper. Mix with a spoon until all ingredients are well combined.
- 6 Line an 8×8" baking pan with parchment paper. Transfer mixture into the pan and even out with a spoon. Bake for 45 minutes or until the top forms a crust.
- 7 Let cool. Cover and refrigerate for at least 1 hour. Enjoy on bread, crackers, or as a sandwich.

Note: Keeps in fridge for 1 week. You can also freeze in portions.

This is an excellent plant-based protein snack!

* Check the label and choose a low sodium soy sauce without potassium additives.

** Depending on your preference, keep bigger pieces or crush more.