



# Recipes

## Salads

### **Raw, Nutty, Not Tuna Salad**

*Prep Time: 15 minutes*

*Soaking Time: 8 hours or more*

*Cooking Time: none*

*Yield: 4 servings*

#### **Ingredients:**

1 cup almonds  
1 cup sunflower seeds  
1-2 stalks celery, finely chopped  
1 tablespoon minced dill  
½ small red onion, finely chopped  
1 teaspoon kelp granules  
Juice of 1 lemon  
½ teaspoons sea salt

#### **Directions:**

1. Place almonds in a bowl, cover with water and let soak overnight. Do the same with the sunflower seeds.
2. Discard most of the soaking water and combine nuts and seeds in a food processor or blender. Process until almost smooth.
3. Combine all ingredients in a large bowl and mix well.

#### **Note:**

- Serve on a bed of mixed greens with vinaigrette, as a sandwich filling, or roll in a sheet of nori.