

Vegan, Vegetarian

Peanut Pate`

Esther Gamayo

Servings: 8

Vegan

12 2/3 Ounces Nut Loaf, Canned (vibrant Life - Vegan), mashed

2/3 Cup Vegenaïse

1/2 Cup Red Onions, diced fine

1 1/3 Tablespoons Pickled Relish

1/3 Cup Celery, diced fine

1/3 Teaspoon Garlic Powder

1/3 Teaspoon Seasoned Salt

1/3 Teaspoon Sumac (mediterranean Seasoning)

1/3 Cup Red Pepper, diced fine

1/8 Cup Cilantro, chopped

Mix all ingredients together.

Garnish with cilantro leaves and pickled turnips.

Use with crackers or crudites.

Per Serving (excluding unknown items): 9 Calories; trace Fat (6.1% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 63mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.