



Save the Tuna Salad

Prep time: 10 minutes, not including soaking time

Servings: 4

1 cup raw almonds, soaked in water several hours or overnight
1 cup raw sunflower seeds, soaked in water several hours or overnight
1/3 cup minced celery
1/4 cup minced red onion
1/3 cup pickles, diced
2 tablespoons minced dill
1 tablespoon minced oregano
3 tablespoons lemon juice
1 tablespoon agave
2 tablespoons kelp granules (optional)
Freshly ground pepper
Sea salt (optional)

1. Add nuts and seeds to bowl of food processor and process until very finely minced. Transfer to a mixing bowl.
2. Add celery, onion, pickles, dill, oregano, lemon juice, agave, kelp, and black pepper. Taste for seasoning and add sea salt if desired.

Note: Great in a sandwich, a wrap, or on top of a green salad.
(adapted from Kris Carr's Crazy Sexy Kitchen)



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