

Soy Pate

Ingredients:

- 1½ cup Organic soy beans
- 4 tbsp. carrot pulp (optional - for sweetness and color)
- 1 tsp. garlic powder
- 1 tsp. Celtic sea salt or to taste
- ¼ cup or 1½ stalks green onion chopped
- 1½ tbsp. dried oregano
- 1½ cup water (or more depending on desired consistency, less water for a thicker pate and more for a thinner)

Directions:

1. Put the beans, optional carrot pulp, garlic and salt with 1 cup of the water into a blender and blend for approximately 1 minute.
2. Add additional water and blend for another minute or two.
3. Throw in green onion and oregano and pulse gently.
4. Serve chilled or immediately with crackers, bread, wrapped up in a lettuce leaf or with sliced veggies, i.e. cucumber, zucchini, red pepper, etc.