

## Sunflower Seed Pate with Guacamole

Serves 2

Ingredients:

- 1 cup Sunflower seeds
- 1 tea Thyme
- 1 Garlic clove
- Juice of 1 Lemon
- Sea Salt and Black Pepper to taste
- 1 cup Sprouts (any variety)
- 2 Collard leaves
- Guacamole

Directions:

Blend the sunflower seeds, thyme, garlic, lemon juice, sea salt and pepper using a high speed blender or food processor. Blend until well incorporated. Service in a collard leaf wrap with sprouts and guacamole. Roll like a burrito and serve.

## Guacamole

Ingredients:

1 Avocado, chopped  
1 Roma Tomato, chopped  
Handful of Cilantro, chopped  
1 tea Cumin powder  
1 Garlic clove  
Sea salt and Black Pepper to taste

Directions:

Combine all ingredients in a small bowl. Mash with a fork to desired consistency.