**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.

Taken from: Health Moon, LLC www.MuneezaAhmed.com