

Vegan Oil-Free Sunshine Pate

Source: Kimberly Snyder, Better Vegan

Category: Vegan Appetizers

Prep Time: 10 min Cook time: 0 min Total Time: 10 min

Makes about 1 1/4 cup

Oil-free

Ingredients:

- 1 cup raw pumpkin seeds, soaked overnight, then drained and rinsed well
- 1 medium carrot, peeled and coarsely chopped (about 2/3 cup)
- 1/8 cup filtered water plus more, if needed
- 2 medium Medjool dates, pitted and coarsely chopped
- 1/4 cup freshly squeezed lemon juice
- 1 1/2 Tbsp. gluten-free organic tamari or Braggs Liquid Aminos
- 1/4 tsp. pink Himalayan salt

Instructions:

1. Prepare the ingredients.
2. Combine all the ingredients in a food processor and pulse until smooth. Add more water, one tablespoon at a time, if thinner consistency is desired. Adjust the seasonings to taste and mix well. Serve.

Notes:

The pate will keep, covered, in the fridge for up to 4 days.

You can also add fresh mint to the pate, which will make it more refreshing. I personally don't like, but feel free to experiment with it.

Equipment needed:

Food processor

Serving suggestion:

Serve on top of salads, in lettuce wraps, with vegan crackers or crudité. Pairs really well with [Oil-Free Anti-Inflammatory Turmeric Garlic Salad Dressing](#).



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Recipe Link:

<https://www.betterveganrecipes.com/vegan-sunshine-pate>