

Végépâté

3/4 cup of whole wheat flour or spelt flour
1/2 cup sunflower seeds (ground)
2 tbs lemon juice
1/3 cup safflower or sunflower oil
1 garlic glove
2/3 cup yeast
2 onions minced
1 carrot minced
1 celery minced
1 raw potato grated
4 tbs tamari
1 tsp basil
1/2 tsp thyme
1/4 tsp sage
1 cup (more or less) hot water

- Mix all the ingredients together
- Pour in a oven dish(like 8x8 or 9x9)so the mixture is about 1 1/2 inches thick.
- Bake at 350 F for 45 minutes (I usually let it cook for an hour).

ENJOY!