



Veggie-Pâté

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

(inspired by Renée Frappier's book, "The Healthy and Natural Food Guide," Vol. 1)
By: Caroline Roy

PORTIONS: **16**
PREPARATION: **15 MINUTES**
COOKING: **60 MINUTES**

INGREDIENTS

- 105 g (3/4 cup) all-purpose flour "[La Merveilleuse](#)"
- 75 g (1/2 cup) sunflower seeds
- 30 ml (2 tbsp) lemon juice
- 65 g (1/3cup) light olive oil
- 1 clove garlic, finely chopped
- 50 g (2/3 cup) nutritional yeast*
- 2 small red onions, finely chopped
- 1 grated carrot
- 1 celery stalk, finely chopped
- 1 medium potato, peeled and grated
- 60 ml (4 tbsp) tamari sauce
- 5 ml (1 tsp) dried basil
- 3.5 ml (3/4 tsp) dried marjoram
- 2.5 ml (1/2 tsp) dried thyme
- 240g (1 cup) hot water

PREPARATION

1. Preheat the oven 180 °C (350 °F).
2. Grind the sunflower seeds in a coffee grinder. In a bowl, combine all ingredients. Let rest for 10 minutes.
3. Pour the mixture into an 8"x 8" (20 cm) oiled pan or 4 ramekins 10 cm (4 inches) in diameter, to about 2.5 cm (1 inch) thick.
4. Cover with bay leaves to taste and bake on the centre rack of the oven for 50 to 60 minutes. The veggie-pâté will take on a beautiful golden colour when it is well cooked.
5. Allow to cool before serving. Freezes very well in individual portions.



TIP

* Nutritional yeast is easily found in health food stores. This is not a bread yeast, as it is inactive and therefore cannot leaven. It is a very nutritious yeast, a source of protein, vitamins and minerals. The one I like to use for this recipe is Red Star yeast.

NUTRITION FACTS

Per portion	100 Calories
Fat: 7 g	11 %
Saturated 1 g	
Trans 0 g	6 %
Polyunsaturated: 1.5 g	
Omega-6: 1.5 g	
Omega-3: 0.1 g	
Monounsaturated: 4 g	
Cholesterol: 0 mg	
Sodium: 150 mg	6 %
Carbohydrate: 10 g	3 %
Fibres: 1 g	4 %
Sugars: 1 g	
Protéines: 2 g	
Vitamin A	10 %
Vitamin C	8 %
Calcium	2 %
Iron	6 %
Magnesium	10 %
Manganese	15 %
Vitamin K	15 %

