



## Veggie-Pâté with Apple and Beetroot

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

By: Cuisine l'Angélique

PREPARATION: **20 MINUTES**

COOKING: **60 MINUTES**

### INGREDIENTS

- 35 g (1/4 cup) sunflower seeds
- 35 g (1/4 cup) pumpkin seeds
- 45 ml (3 tbsp) hemp seeds
- 1 yellow onion, finely chopped
- 1 clove garlic, pressed or minced
- 110g (1 cup) beetroot, peeled and grated
- 110g (1 cup) apple, peeled and grated
- 110g (1 cup) sweet potato, peeled and grated
- 65 g (1/3 cup) olive oil
- 60 ml (4 tbsp) gluten-free tamari sauce
- 30 ml (2 tbsp) lemon juice, freshly squeezed
- 45 ml (3 tbsp) fresh dill, chopped
- 105 g (3/4 cup) all-purpose flour "La Merveilleuse"
- 50 g (2/3 cup) Red Star food yeast
- 240g (1 cup) hot water

### PREPARATION

1. Preheat the oven to 350° F (180° C).
2. Grind sunflower seeds and pumpkin seeds in a coffee grinder.
3. In a large bowl, combine all ingredients. Let rest for 10 minutes.
4. Pour the mixture into an oiled mould of 20 cm x 20 cm (8 inches x 8 inches) or in 5 oiled ramekins 10 cm (4 inches) in diameter, to be about 2.5 cm (1 inch) thick.
5. Bake on the centre rack for about 60 minutes or until the pâté is firm and golden brown.
6. Remove from oven and allow to cool before serving. Keep in the refrigerator.



*Spread this veggie-pâté on small crackers or bread, as an accompaniment to soup. Another delicious suggestion is to serve it in a gluten-free tortilla, topped with lettuce and garden vegetables!*

### TIP

\* This veggie-pâté freezes very well. Simply cover each ramekin tightly and then let thaw in the refrigerator before use.