



Recipe- Shiitake and sunflower dip with fresh garlic

Prep-time: 15 mins

Ingredients

1 punnet of fresh shiitake mushrooms

3 tablespoons raw sunflower seeds

2 fat cloves of garlic

3 tablespoons extra virgin olive oil

Dash of tamari (wheat-free soy sauce)

Method

Just throw it all into a food processor and blend into a smooth dip. That's it!

Season to taste and add more oil if you prefer a slightly thinner dip. Serve with fresh "rainbow" crudité's (cucumber, radishes, capsicums, carrots, celery, radicchio, baby tomatoes).