



Raw Stuffing

2 cups soaked almonds
4 stalks celery
1 apple, chopped (green is better)
½ onion, chopped (red is better)
2 garlic cloves, chopped or pressed
1 large Portobello mushroom, chopped
¼ bunch fresh thyme, chopped
¼ bunch fresh sage, chopped
½ cup raisins or currants
¼ cup cranberries (dried cranberries)
¼ cup dried walnuts, chopped
3 Tbsp. ground flax seeds
1 Tbsp. flax oil
1 Tbsp. Braggs Liquid Aminos or Nama Shoyu
1 tsp. Italian seasoning or herbs de Provence
1 tsp. Celtic sea salt (other salt is okay too)

1. Puree almonds in food processor until they become like flour.
2. Add onions and garlic and pulse.
3. Add apple and pulse.
4. Remove from food processor and place into bowl.
5. Add the rest of the ingredients and mix well.
6. Make into patties or miniature square loaves.
7. Dehydrate at 108 degrees for 10-12 hours (until crunchy on the outside and moist on the inside). The time varies depending upon the thickness.

Excellent with raw cranberry relish.
Enjoy!