

Sprouted Grain Pate Recipe

Brother Viktoras Kulvinskas (Viktoras4u@gmail.com)

Ingredients:

2 cups sprouted wheat (soak 12 hours, then sprout for 2 days, rinsing twice a day and draining well.)

2 cups of soaked over night hulled sunflower seeds

4 tablespoons of cold pressed organic olive oil

1 – 3 cloves of chopped garlic (to taste)

¼ - ½ teaspoon of salt (to taste)

Combine Ingredients

Grind in food processor til creamed.

This will keep for a week under refrigeration.

Use as a spread over flax crackers, sliced veggies, or as a side dish.

Absolutely nothing acid to be eating with this meal. No tomatoe, lemon or vinegar in the same meal.

This is body builders carbo loading.

For max nutrition go for Survival in the 21st Century – section on Survival for Body Builders.