

“Refried Beans”



Ready in 10 minutes + seed soaking time

Serves 2

Ingredients

- 0.5 oz Miso Crystals (¼ cup)
- 2 cups soaked sunflower seeds
- 1 tomato, chopped
- 1 celery stick, broken up
- 5 tablespoons olive oil
- 2 teaspoons Kashmiri chili powder
- Splash apple cider vinegar
- 1 teaspoon cumin powder

Preparation

1. Blend all these live ingredients together and enjoy as a dip, as a side dish or a sub for cheese.