Sunflower Pate

1 C sunflower seeds (soaked overnight or 5 hours minimum)
1 T Worcestershire sauce*
5 sun dried tomatoes
1 garlic clove
1 tsp dulse or other salty seaweed

Blend all ingredients until chunky consistency is acquired. May store in the fridge for 3-4 days. Serve with crackers or crostini.

**Replace Worcestershire sauce with Bragg's Aminos to make it vegan.*

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