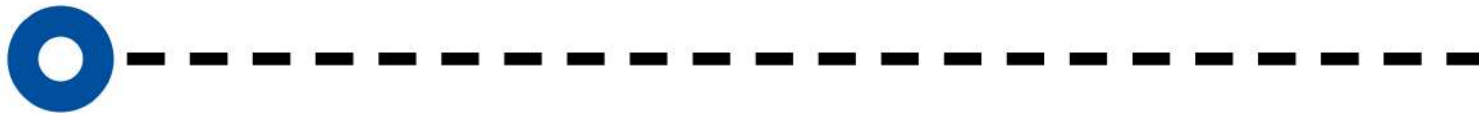


Recipe by
Alona Synańska

Parsley paste



Ingredients

3/5 sunflower, 2/5 parsley, the rest to taste and desired consistency

Soaked sunflower

Parsley

Garlic

Canola (or grapeseed) oil

Salt, pepper, lemon juice



Preparation

Place pre-soaked sunflower seeds, parsley, salt, pepper, garlic, apple cider vinegar and oil in a cup blender. Blend, taste, and season to taste.

