

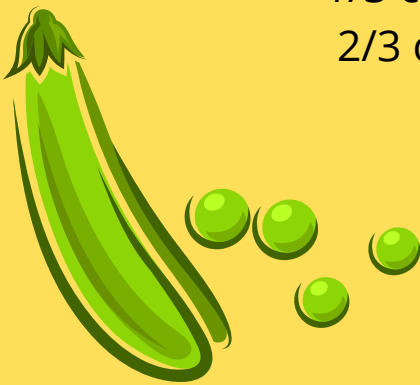
Vegan Green Pea Spread

This beautiful green spread is a nutritional vegan option with a kick to replace butter on bread, it also makes a delicious and satisfying veggie dip.

Makes 2.5 Litres

Ingredients:

- 8 cups peas
- 10 large garlic cloves
- 2 cups diced onions
- 1 handful of fresh parsley
- $\frac{3}{4}$ cup lemon juice
- 2 tbsp jalapeño fresh, chopped
- $\frac{1}{3}$ cup pumpkin seeds roasted, unsalted
- $\frac{2}{3}$ cup Albertan cold pressed canola oil
or extra virgin olive oil
- $\frac{1}{2}$ cup nutritional yeast
- 2 tbsp sea salt
- $\frac{1}{2}$ tbsp fine black pepper



Steam or blanch the frozen green peas. It is important to avoid overcooking them. Cool covered with ice.

Sauté the diced onions in a little oil in a frying pan until light golden, cool. Once cooled, process all ingredients in food processor, adjust seasoning to taste.

Serve with bread as a spread or with vegetable sticks as a dip.

Keep refrigerated for a maximum of 4 days.