



## Ground Walnut Meat

By Melissa Webster

Prep Time	Cook Time	Total Time	Servings
10 minutes	0 minutes	10 minutes	3

### Ingredients

- 1 ½ cups of raw walnuts
- ¼ cup of soaked sun-dried tomatoes
- 1 garlic clove
- ½ a date (or whole date for a sweeter taste)
- ½ Tbsp smoked paprika
- ¾ Tbsp ground cumin
- ¼ tsp of cayenne pepper
- ¼ tsp of sea salt (or more to taste)
- 3 Tbsp of water or sun-dried tomato water (recommended) or more as needed.

### Instructions

1. Soak sun-dried tomatoes and date in warm water for 5 minutes.
2. Combine all ingredients in a food processor and pulse until slightly chunky in texture.
3. Taste and adjust as desired. Add cayenne for extra kick, water for a smoother texture, and salt to personal preference.

### Bonus Tips

Get creative! Stretch the recipe by adding cooked lentils, quinoa, or cauliflower.