



## no\_dairy\_cream\_cheese

### Ingredients:

- 2 cups sunflower seeds (1 cup weighs between 4 and 5oz)
- 1 cup of pine nuts
- 1 teaspoon Celtic or Maldon sea salt (you might want to omit the salt or use less or use herbs instead).
- Juice from 2 lemons
- 1/3 cup of olive oil
- 1 bunch spring onions (use everything except the roots)

### Here's how:

- In your food processor process the sunflower seeds and pine nuts until the mix becomes the finest it will go. (If it sticks to the sides, stop processing, open processor and scrape from sides back into centre).
- Then add lemon juice and the olive oil. Process again to make smooth. Scrape from sides if needed. Mixture should begin to 'roll' as it moves around the processor.
- Add a little water slowly during this stage. Add only enough water to keep the mixture moving and rolling. Process until smooth, yet very thick.
- Add the spring onion.
- Process briefly to mix in and slightly break down the onion.
- Allow to stand for thirty minutes and then enjoy. (If you taste it early the lemon taste should stand out. That will die away the longer it sits).