

## Veggie Pâté Hors d'Oeuvres

- 1 each peeled potato, onion, carrot, grated in a processor
- 5 mushrooms, grated
- 1/2 lemon, juice and zest
- 1 c sunflower seeds, finely processed to a powder
- 1/4 c each oat bran, whole wheat flour
- 1/2 c [nutritional yeast flakes](#)
- 1 T olive oil, tamari
- 1/4 t each thyme, sage, basil, cayenne, freshly ground pepper
- 1 t sea salt
- 1 1/2 c boiled water

Preheat oven to 350F. Add lemon juice to grated vegetables, then mix in all remaining ingredients except for the water. Add the water, stirring well, then bake in mini-muffin tins, lightly sprayed with oil, for 1 hr. Makes 30 mini **Veggie Pâtés**, enough to serve 10. Serve hot, warm or cold with toast, crackers, raw veggies or simply on their own, like two-bite brownies.

You can also make this **Veggie Pâté** in a loaf pan or an 8-inch square pan, then cut into slices.

For a super smooth texture blend all the ingredients in your processor just before adding the water—Excellent either way.

Don't be shy to serve these little puppies as a healthy **Hanukkah** treat. They are like high protein, high fibre **latkes**.

**Jittery Cook**