

Vegan 'Tuna' Salad

4 SERVINGS 35 MINUTES



INGREDIENTS

2 cups Sunflower Seeds (raw)
2 cups Water (hot)
1/4 cup Sauerkraut (juice only)
1 Lemon (juiced)
1/2 tsp Sea Salt
1/4 cup Red Onion (finely diced)
2 stalks Celery (finely diced)
1/4 cup Fresh Dill (finely chopped)

DIRECTIONS

- 01 Soak the sunflower seeds in hot water for 20 minutes, then drain.
- 02 Place the soaked seeds, sauerkraut juice, lemon juice, and salt into your food processor or blender. Pulse gently until the texture is just slightly chunky.
- 03 Transfer to a mixing bowl and stir in the onion, celery and dill. Toss well and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 384 | Carbs | 18g |
| Fat | 32g | Protein | 13g |