

## Moroccan Hazelnut & Carrot Pate

Intensely delicious and nutritious, this Moroccan Hazelnut Carrot Pate is fragrant, hearty and satisfying, and loaded with whole foods ingredients. Being gluten-free and vegan, it is great for most every diet. Try it out as a wholesome way to nurture your friends and family this winter season.

Moroccan Hazelnut Carrot Pate, for 8-12 persons

1. Cook until tender: **3 cups Carrots**, peeled & chopped; then drain and cool to lukewarm.
2. Sautee together: **1/2 medium White or Yellow Onion**, diced, in **1 Tbs. Vegetable oil**. Add **1 stalk Celery**, diced; and cook for 5-6 minutes, or until onions golden and sweet. Now season with **2 tsp Cinnamon**, and **1 tsp of each: Nutmeg, Savory OR Thyme, Lemon Pepper and Sea Salt**, Cook another 2-3 minutes to awaken the flavors, then remove from heat and cool. Once mixture is lukewarm, transfer to blender or food processor.
3. Puree the cooked and drained carrot, and the seasoning blend, until smooth, then turn out into mixing bowl. FOLD in: **1 cup Hazelnut, finely ground**; and **1-2 Tbs Lime Juice** until even consistency reached. Pack firmly into one medium-size parchment-lined loaf pan, bake at 350 degrees for 35-40 minutes, or until browned and center set.
4. Cool until lukewarm, invert onto serving tray, serve warm with 2 or 3 types whole grain crackers, and/or sliced Wildfire bread. Garnish: **1/3 cup mix of grated carrot, minced parsley, and hemp hearts**, mixed together and sprinkled over top.

Recipe courtesy of Chef Laura Moore, of The Good For You Gourmet

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