



HEALING SPREAD

Serves 4–6 Makes about 2 cups

This recipe is an Ashram classic, first published in ascent magazine in 1999 and served in our kitchen ever since! A favourite of Swami Radhananda's, she named it the 'healing spread' due to its grounding nutrition, warming cinnamon and the enlivening flavours of miso and lemon.

INGREDIENTS

- 1 cup raw walnuts
- $\frac{1}{3}$ cup raw almonds
- $\frac{1}{3}$ cup raw sunflower seeds
- $1\frac{1}{2}$ tsp sea kelp powder
- $1\frac{1}{2}$ tsp cinnamon
- 3 tbsp nutritional yeast
- $2\frac{1}{2}$ tbsp miso
- $\frac{1}{3}$ cup tahini
- Juice of 1 lemon
- $1\frac{1}{2}$ tbsp tamari

$\frac{1}{4}$ – $\frac{1}{3}$ cup warm water, as needed

METHOD

In a food processor or blender, grind the walnuts, almonds, sunflower seeds, to a fine, even meal. Add sea kelp, cinnamon, and nutritional yeast and pulse to incorporate.

Transfer to a medium sized bowl. Add the miso, tahini, lemon juice, tamari. Mix gently from the centre outward. Stir in a tablespoon of water at a time until smooth and spreadable.

Taste and adjust seasoning with tamari or lemon as desired. Sprinkle with a little extra kelp powder. Serve with crackers, on bread, or as a dip to crunchy spring vegetables.

This spread will store in an airtight container in the fridge for up to 5 days.