

Mock Tuna Salad



Ingredients:

- Chickpeas
- Celery Stalks
- Green Onions
- Nutritional Yeast Flakes
- Seaweed Flakes
- Sea Salt
- Lemons

Instructions:

Sprout Chickpeas for 4 days and add 2 cups to Food processor

Combine all ingredients into a high-speed blender. Add: 2 finely chopped stalks of celery, 2 diced green onions, 1 Tsp of Nutritional Yeast Flakes, 1 Tbsp of Seaweed Flakes, 1 Tbsp of sea salt, Juice of 3 Lemons. Blend all in a Food Processor at 2 sec intervals to get a nice chunky consistency. Then combine in a bowl with 1 Cup of Vegan Mayo. Place on Bread with slice of tomato and sprouts.