

MOCK CHEESE STICKS

3 3/4 raw sunflower seeds
1/2 cup fresh lemon juice
1/2 cup Nama Shoyu
4 cloves garlic, peeled

Grind 1 cup of the sunflower seeds in a food processor. Spread out the ground seeds on a large plate. Put aside.

In food processor, combine 2 3/4 cups sunflower seeds and the remaining ingredients, and blend until smooth like dough. Roll a spoon of dough with your hand to shape it like a cheese stick. For perfect shape, use a pastry bag.

Gently roll the sticks in the ground sunflower seeds until they are evenly covered on all sides.

Transfer the sticks to a dehydrator sheet. Dehydrate at 100°F for 18 to 24 hours.

Serving Suggestion: Serve with Marinara Sauce (See Dressings, Dips & Sauces).

(From Matt Amsden's book: RAWvolution)