



Raw Pecan Rosemary Spread

By Sunshine

Here is a recipe that I made from making raw pecan milk. I made it from the pulp left after straining the milk. It was a huge hit.

Here is the recipe:

Base is the pulp.

2 Cloves Garlic, chopped

1 T Nutritional Yeast

1/2 t Salt

1 t Pepper

1 T Rosemary

Place pulp along with the rest of the ingredients in a bowl. Mix thoroughly. (If you want the spread 'creamier', put in food processor & process until well mixed). Chill. Serve with crackers, chips or spread on bread.

The Balanced Body Center

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