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Our Heart "Beets" Plant Strong

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Ingredients:

- 1 cup raw sunflower seeds
- 2 tsp low sodium tamari
- 1/3 cup relish
- 2 tsp dulse flakes
- ½ tsp paprika
- 1 tbsp chopped parsley
- ¼ tsp onion powder
- Pepper to taste
- 1/3 cup chopped celery

Directions:

1. Cover sunflower seeds with 2 cups water and soak overnight
2. Drain seeds and rinse and add to a food processor or high speed blender
3. Add other ingredients plus ¼ cup water and blend until smooth
4. Add water as needed until you reach a pâté consistency

Optional Sandwich toppings:

- Spinach
- Sliced tomato
- Mustard
- Sprouted grain bread

**Can also be added to top off a salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 227	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 257 mg	11 %
Potassium 35 mg	1 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 3 g	13 %
Sugars 5 g	
Protein 7 g	15 %
Vitamin A	5 %
Vitamin C	3 %
Calcium	5 %
Iron	13 %
<p>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</p>	