



@KICKCRAMPSASS

# WALNUT "SAUSAGE"

SERVES 4

## INGREDIENTS

- 1 CUP RAW WALNUTS (SOAK 20-30 MINS IN ROOM TEMPERATURE SPRING WATER)
- 3 TABLESPOONS TAMARI (OR SOY SAUCE)
- 1 TABLESPOON LIQUID SMOKE
- 1 TABLESPOON VEGAN WORCESTERSHIRE
- 1 TABLESPOON GARLIC POWDER
- 1 TABLESPOON ONION POWDER
- 1 TEASPOON BLACK PEPPER
- 1 TABLESPOON CAJUN SEASONING
- 1 TABLESPOON THYME
- 3 TEASPOONS ITALIAN SEASONING
- 2 TEASPOONS PAPRIKA
- 1 TABLESPOON CUMIN
- 1 TABLESPOON CHILI POWDER
- 1 TEASPOON GINGER
- 1 TEASPOON TURMERIC
- 1/4 TEASPOON CAYENNE PEPPER (OPTIONAL)

## PROCEDURE

- 01** DRAIN AND RINSE THE WALNUTS. THEN ADD THEM TO A FOOD PROCESSOR WITH THE REMAINDER OF THE INGREDIENTS.
- 02** PULSE THE MIXTURE UNTIL THE WALNUTS ARE THOROUGHLY COMBINED WITH THE SPICES (SHOULD RESEMBLE GROUND MEAT).
- 03** ENJOY THIS WALNUT SAUSAGE AS A PROTEIN OR TOPPING FOR PIZZAS, PASTA DISHES, TOFU SCRAMBLE, ETC.

## NUTRITION FACTS

- CALORIES: 190
- TOTAL FAT: 13.94G
- SATURATED FAT: 1.37G
- SODIUM: 1170MG
- POTASSIUM: 365MG
- TOTAL CARBOHYDRATES: 13.57G
- DIETARY FIBER: 4.3G
- SUGARS: 2.16G (NO ADDED SUGAR)
- PROTEIN: 6.14G
- VITAMIN A: 1431IU
- MAGNESIUM: 56MG
- PHOSPHOROUS: 127MG
- VITAMIN C: 2.5MG
- CALCIUM: 66MG
- IRON: 3.83MG
- VITAMIN K: 5.2UG
- ZINC: 1.09MG
- VITAMIN E: 1.39MG

COMMON DISHES INCLUDES  
TACOS, PIZZAS, PASTA  
DISHES, BREAKFAST  
SCRAMBLE, ETC.