

Wild Mushroom Pate

This rich pate is infused with earthy tastes showcasing the freshness of fall. Enjoy it with Sunflower Dill [RAWgles](#) or [Keto Crackers](#).

Serve warmed with a slab of chevre or sprinkled with goat feta. Or add to a cheese platter or charcuterie board.

Meta Fields

News Recipe : Yields 2 cups

Ingredients:

1 Tbsp ghee or coconut oil 1 cooking onion – chopped fine 2 cloves garlic – minced ¼ tsp chili flakes (optional) 2 cups chanterelle or other wild mushrooms – chopped 1 tsp sea salt 1 cup [sprouted cashews](#) 2 cups kale – chopped 1-2 Tbsp tahini 1 tsp toasted sesame oil 1 tsp tamari juice of ½ lemon

Mindful Preparation

1. Heat ghee over medium heat, add onions and sea salt. Lower heat and slow cook to caramelize.
2. Add mushrooms and garlic, sauté until liquid evaporates and mushrooms are cooked.
3. Puree cashews, kale, tahini and mushroom mixture until smooth.
4. Season with tamari, sesame oil and lemon juice.