

### ***Un-Tuna Spread 1:***

- Put in the big food processor (old):
  - 8 tins of chickpeas without water
  - 4 cups of cut celery
  - 2 cups of cut onion
  - 8 tablespoons of brewer's yeast flakes
  - 16 minced pickles
  - 4 cups mayonez
  - 4 teaspoons of salt

### ***Un-Tuna Spread 2:***

- Put in the big food processor:
  - 4 cups of cut celery
  - 8 green onion stalks
  - 10 tablespoons of brewer's yeast flakes
  - 2 tablespoons mustard
  - 8 pickles
  - 2 cups mayonez
  - 1 cup of soaked cashew
  - 4 teaspoons of salt
  - 2 teaspoons of black pepper
  - 8 nori sheets put into powder by food processor
  - 1 block of tempeh cooked (important, otherwise it will be bitter)
  - 10 parsley sprigs, upper part only.
  - Switch on food processor and puree well.
  - Add 8 tins of chickpeas, drained, and switch on food processor for a short time, because we want the chickpeas to stay in chunks