



## CHICKEN LIVER PATE

### **ALLERGIES:**

No grains  
No dairy  
No eggs  
No gluten  
No nuts  
Low disaccharides

**Prep time:** 5 Mins

**Cook time:** 15 Mins

**Serves:** Makes 2 cups



### **INGREDIENTS**

- 1 clove garlic
- 3 green onions
- 40g coconut oil
- 500g chicken livers
- 1 tbsp tomato paste
- 1/4 teaspoon salt
- 5 shakes black pepper
- 1 tbsp chopped parsley
- 1 bayleaf finely crushed
- 2 tbsp coconut aminos

### **METHOD**

- Chop garlic and onion in blender until chunky.
- In pan heat the coconut oil, add garlic and saute 5 mins while stirring.
- Place all ingredients into blender, including onion mix, and blend to a paste.
- Return mixture to pan, and cook on medium heat for 6-7 mins stirring constantly.
- Pour into jars and allow to cool a little before refrigerating.
- Serve cold with vegetable strips or my seed crackers.