

Stuffed Mushrooms

- 16 oz container of baby Bella mushrooms
 - 1/2 cup kalamata olives
 - 2 cups fresh Spinach packed
 - 1/2 cup walnuts
 - 1 tbsp Bragg's Liquid Aminos
1. Rinse and destem mushrooms. Place in container with 2 tbsp of Bragg's. Top the container and gently shake to cover mushrooms with sauce.
 2. Place walnuts in a food processor and blend until fine.
 3. Add the remaining ingredients and blend until a smooth paste is formed.
 4. Stuff the mushrooms and place in dehydrator until ready to serve. Be sure to set the dehydrator no higher than 155 degrees F.