



Natural Life  
Choices,™ Inc.

# MUSHROOM PÂTÉ



## INGREDIENTS:

- » 2 cup of buckwheat
- » 2lb of champignon
- » 4 tablespoon of olive oil
- » 2 cloves of garlic
- » 2 teaspoon of dry savory
- » Salt and pepper



## PREPARATION:

Cook the buckwheat. Slice champignons and put into large frying pan and fry for 10 minutes and then add sliced garlic and fry for additional 2 minutes. Warm up oven to 350°F. Blend buckwheat and champignon for creamy consistency add salt, pepper and savory. Prepare form and put the mix into oven. Bake for 50 minutes and cool down before serving.

**Bon Appetite!**

*"I have the strength for everything through him who empowers me." (Philippians 4:13)*