**Vegan Crab Cakes**

Servings: 2

Prep Time: 10 Minutes

Cook Time: 15 Minutes if Oven Bake

Total Time: 30 Minutes

**Equipment Needed:**

Rubber Spatula, Spoon, Food Processor, Large Bowl, Baking Pan, Vegetable Oil Spray

**Ingredients:**

1 Can/Jar Artichoke Hearts, drained

1 Can/Jar Heart of Palm

1 Celery Stalk

1 Green Onion

1 teaspoon Old Bay Spice

1 Cup Bread Crumbs

2 teaspoons Kelp Powder

1 teaspoon Garlic Powder

1 Tablespoon Parsley, dried

2 Tablespoons Vegannaise or other vegan Mayo

Juice of 1 Lime

**Directions:**

1. Blend Artichokes, Hearts of Palm in Food Processor. Remove those ingredients from the Processor into a bowl and set aside.

2. Place the remaining ingredients in the Food Processor and blend. Combine both mixtures in the bowl with the Artichoke/Hearts of Palm with the Seasonings mixture.

3. Mix all ingredients together and form them into patties.

4. You can either pan fry or oven bake them. They keep well for up to 3-4 days in the refrigerator. Serve with Vegan Tartar Sauce. Eat and Enjoy!