

Raw Caesar Dressing

This is a nutritious dressing because of the celery and kelp. Celery is high in natural sodium which carry the electrolytes through you body. Kelp is high in iodine, good for your thyroid.

6 servings

¼ cup cold pressed olive oil

1 clove garlic chopped

4 medium stalks celery

¼ cup lemon juice

2 Tb wheat free tamari

2 Tb sweet white miso

½ tsp kelp granules – gives it an “anchovy” taste

¼ tsp green leaf stevia

¼ - ½ cup water

Fresh ground black pepper to taste

Add everything to a blender starting with ¼ cup of water.

Blend adding more water as needed.

Toss with romaine, season with fresh pepper

You can make it thicker and use it as a dip for crudités

Dressing will keep in the refrigerator about 7 days