

Garlic Sunflower Seed Dressing

1/2 cup raw hulled sunflower seeds
1 cup water
3 Tb fresh lemon juice
2 Tb apple cider vinegar
1 Tb tamari or soy sauce
1/4 cup chopped fresh parsley
1 tsp thyme
1/2 tsp dried oregano
1/2 tsp minced garlic
1/4 tsp Celtic sea salt
Pinch of stevia

Optional: soak the sunflower seed 4 hours

Put all ingredients in a blender, and blend till creamy and smooth.
This will hold in the refrigerator for up to 4 days