

# Garlic & Herb Sunflower Seed Dressing

Yield: 1 ½ cups

1/2 cup raw hulled sunflower seeds  
3/4 cup water  
3 Tb fresh lemon juice  
2 Tb apple cider vinegar  
1 Tb tamari or soy sauce  
¼ cup chopped fresh parsley  
1 tsp thyme  
½ tsp dried oregano  
1 tsp minced garlic  
¼ tsp Celtic sea salt  
Pinch of stevia

Optional: soak the sunflower seed 4 hours

- Put all ingredients in a blender except the water.
- Add half the water and blend till creamy and smooth.
- Add enough water to get to your desired consistency.
- This will hold in the refrigerator for up to 4 days