

Herb Sunflower Seed Dressing

Makes 1 ¼ cups dressing

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

Optional: soak the sunflower seed 4 hours

- Put all ingredients in a blender except the olive oil.
- Blend till creamy and smooth.
- While blender is running, slowly pour in the olive oil to emulsify.
- This will hold in the refrigerator for up to 5 days