

Cumin Sunflower Seed Dressing

Makes 1¼ cups dressing (make double if you eat salad every day)

½ cup raw hulled sunflower seeds

½ cup water

4 Tb fresh lemon juice

2 cloves garlic minced

2 tsp ground cumin

½ tsp Celtic sea salt

¼ cup olive oil

Optional: soak the sunflower seeds 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 is a thick dressing add a little more water if you like it thinner.
- Flavors will develop as it sits. It will hold in the refrigerator for 5-7 days