

# Creamy Ranch Dressing

(Adapted from Andrea Livingston)

Makes 2 cups

1 cup hemp seeds  
4 Tb lemon juice  
2 Tb wheat free tamari  
1 Tb nutritional yeast  
1 Tb shredded coconut  
1/2 cup water  
1/2 cup olive oil  
1 cloves garlic chopped  
1/2 tsp sea salt  
1/4 tsp fresh pepper  
1/4 cup fresh dill or cilantro

- Put all ingredients except the cilantro into a blender.
- Blend until smooth.
- Add cilantro and blend just to incorporate. You want to see specks of the greens.