

Cilantro Hemp Dressing

This is a powerfully cleansing green dressing.

Yield: 2 cups

4 Tb white or yellow miso

1 Tb Dijon mustard

2 cups cilantro leaves, loosely packed, chopped

1/4 cup parsley leaves, loosely packed, chopped

1/4 cup apple cider vinegar

2 Tb chopped shallots

4 Tb hemp seeds

1/4 tsp Celtic sea salt

3/4 cup filtered water

2/3 cup extra virgin olive oil

- Place all ingredients except the olive oil in a high-speed blender and blend until smooth.
- While the blender is running pour in the olive oil, slowly in a stream.
- Taste to adjust salt. Store in a glass jar in the refrigerator for up to 5 days.

Nutrition Information

The **cilantro** detoxes heavy metals. It is also antiviral, antibacterial, helps cleanse the colon and lowers candida.

Parsley is a food that can help neutralize certain types of carcinogens (cancer causing agents) particularly from pollution and smoke. Hemp is high an easily absorbable protein.

Hemp has a protein structure of 66% edestin and 33% albumin. This structure means hemp seeds contain all 8 essential amino acids plus 2 conditionally essential amino acids. In addition to its surprising protein profile, it also contains the perfect ratio of omega fatty acids researchers recommend for good health: 3- omega-3` s to 1-omega-6.

Miso is a healthy, probiotic food that helps support digestion by adding beneficial microorganisms to your digestive tract. It contains all essential amino acids, making it a complete protein.