

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 tsp garlic minced, (about 2 cloves)
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.
- It will hold in the refrigerator for 5 days