

Creamy Dill & Hemp Seed Dressing

Makes 2 cups

1 cup hemp seeds
1/2 cup water
1/2 cup olive oil
6 Tb lemon juice
1 Tb nutritional yeast
2 cloves garlic
4 drops stevia or 2 tsp raw honey
2 Tb wheat free tamari
1/4 tsp sea salt
1/4 tsp black pepper
1/2 cup fresh dill

- Place all ingredients except dill in a high-speed blender and blend until smooth. Add more water if you want it thinner.
- Add dill and blend until you see flakes of green. Do not over blend. You want to see the dill leaves.