

# Cilantro Lime Dressing

I often like to make salad dressing without any oil and instead use nuts or seed which provide protein, fat and fiber. Here I use cashews instead of oil.

4 servings

½ cup cashews, soaked for 4 hours or overnight

¼ cup lime juice (you can use lemon juice )

1 cup cilantro, chopped

¼ tsp cayenne

½ tsp Celtic Sea salt

1 Tb shallots, minced

1 small clove garlic, minced

¼ - ½ cup water to blend

Pinch of stevia

- In a blender, blend all ingredients starting with ¼ cup of water, adding more as needed.
- Store in a covered jar in the refrigerator. This will keep about 5 days.