

Basic Dressing for Salads (Fruit or Veggie)

This is a formula recipe in which your imagination and individual tastes make the dressing different according to your desire and taste preferences.

Ingredients for the dressing base:

1 cup nuts / seeds

1 ¼ cup water

Blend in blender until VERY creamy and smooth

For salty, savory and/or lemony flavored dressing simply add:

½ tsp salt

3 tbsp lemon juice (fresh is always best) ** see note below

¼ to ¾ tsp herbs (such as dill, parsley, cilantro, rosemary, oregano, basil, etc)

½ tsp onion powder

¼ tsp garlic powder

**If you do choose to use lemon juice, reduce your water by the same approximate amount

For sweet flavored dressing (like for fruit) simply add:

4 dates (pitted/without seeds) OR 1 tbsp honey

(Dressing examples)

½ cup cashews, ½ cup sunflower seeds

1 ¼ cup water

½ tsp salt

½ tsp onion powder (or 1/3 cup chopped fresh onion)

¼ tsp garlic powder

½ tsp dill

blend well, chill and serve

To make a dip, simply use less water and the consistency will be thick.

