

## Basic Salad Dressing or Dip for (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:

3/4 cup nuts / seeds

1 1/8 cup water

Blend in blender until VERY creamy and smooth.

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

1/2 tsp salt

2 to 3 tbsp lemon juice (fresh is always best)

1/4 to 3/4 tsp herbs (such as dill, parsley, cilantro, rosemary, oregano, basil, etc)

1/2 tsp onion powder or a chunk of fresh onion

1/4 tsp garlic powder or a clove or two of fresh garlic

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

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

### (Dressing example)

1/2 cup cashews, 1/4 cup sunflower seeds

1 1/8 cup water

1/2 tsp salt

1/2 tsp onion powder (or 1/3 cup chopped fresh onion)

1/4 tsp garlic powder ( or 1 clove fresh garlic)

1/2 tsp dill

Blend well, chill and serve

**To make a dip, simply use less water and the consistency will be thicker To make dressing thicker or thinner in consistency, simply increase or decrease the water. It's best to start out with too little, then add more a little bit at a time to desired consistency.**

Using your imagination be creative. Fresh herbs such as parsley or basil or whatever you like makes a very powerful flavored dressing.

Vary your nuts and seeds for nutrition EACH ONE has it's own benefit in different minerals NECESSARY for good health.

**Examples of nuts: almonds, cashews, hazelnuts, brazil nuts, pecans, walnuts.**

**Examples of seeds: sunflower, sesame, pumpkins (aka pepitas)**

**\*\*NOTE:** Flax seeds and chia seeds are also very nutritious, but they must be used sparingly in recipes as they make things thicken (jelly like); a little goes a long way.

