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Creamy Hemp Seed Dressing

Ingredients:

- Juice of ½ lemon
- 2 tbsp hulled hemp seeds (can substitute with pumpkin or sunflower seeds)
- 1 tbsp sesame seeds
- 1 tbsp chia seeds
- 2 tbsp extra virgin olive oil
- ¼ to ½ cup water (adjust to desired thickness)
- 1 teas chopped ginger
- 1 garlic clove
- 1 ½ to 2 tbsp dried or fresh herbs (such as thyme, sage, oregano, rosemary, basil)
- ½ to 1 teas dried or fresh dill weed
- Pinch of turmeric and/or cayenne pepper
- Sea salt to taste

PREPARATION:

1. Blend ingredients in food processor.
2. Adjust spices to taste.
3. Best used fresh, but will store for 1 – 3 days.
4. Makes 2 – 3 servings.

Enjoy!