



Recipes

Sauces and Dressings

Element Dressing

Prep Time: 8 minutes

Cook Time: none

Yield: 8 servings

Ingredients:

- 1 cup toasted sesame seeds
- 1 tablespoon tamari soy sauce
- 1 tablespoon umeboshi vinegar
- 1 tablespoon toasted sesame oil
- 1 tablespoon freshly grated ginger
- 1 tablespoon brown rice syrup

Directions:

1. Combine all ingredients in a jar with a tight lid and shake well.
2. Use on salad or vegetables.