



Recipes

Sauces and Dressings

Ginger Sunflower Seed Dressing

Prep Time: 6 hours (Soak Time) plus 8 minutes

Cook Time: none

Yield: 2 cups

Ingredients:

½ cup sunflower seeds

Juice of one lemon

Zest of one lemon

2 tablespoons brown rice vinegar

1 tablespoon ginger root, grated

1 clove garlic

¼ cup soy sauce

¼ - ½ cup soy sauce

1 tablespoon honey, agave nectar or pure maple syrup

1 cup olive and/or sesame oil

2 teaspoons mustard

Directions:

1. Cover sunflower seeds with water and soak overnight. Drain and rinse.
2. Add all ingredients into a blender and purée until smooth.
3. Refrigerate before using.