

Cilantro Dressing

by Steve Littler

½ cup water

½ cup olive oil

1 ½ cups sunflower seeds soaked over night

juice and flesh of 1 lime

½ tsp sea salt

½” cube of fresh ginger root

1 bunch of fresh cilantro



Put water, oil and sunflower seeds into the Vitamix and blend thoroughly. Move the mixture to a food processor and add the lime, ginger and cilantro, process until pasty. Put in salt to taste.

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>