

Creamy Cucumber Dressing/Dip

This is a divine dressing and makes a delicious and dip for parties or anytime. I keep this one stocked in my fridge at ALL TIMES!

Serves 8-10 as a dip, or keep on hand to use in salads

Ingredients:

1 small cucumber peeled and cut into large pieces
1 avocado
3/4 C cilantro leaves and stems
1-2 green onions
3-4 basil fresh leaves
1/4 C flax oil
1/4 C (or less) olive oil
2 T honey
2 T apple cider vinegar
1 t sea salt
1 t fresh dill



Preparation:

Place all ingredients in a blender or food processor. Blend until completely smooth and creamy. This is just wonderful served over a bed of fresh spinach leaves with tomatoes and orange segments, or you use it as a dip with fresh veggies. It is also a wonderful condiment placed on top of the "Happy Cow" Barbeque Burgers.

This recipe is from The Raw Table

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>