

Italian Sunflower Dressing

from Living in the Raw by Rose Lee Calabro

- 1 c sunflower seeds, soaked 6-8 hours and rinsed**
- ¼ c flax oil**
- ¼ c lemon juice**
- 1 T Bragg Liquid Aminos [we recommend Nama Shoyu instead, as Braggs is pasteurized]**
- ½ t dried basil**
- ½ t dried oregano**
- ½ t dried thyme**



In a blender, mix all ingredients until smooth and creamy; adjust seasonings to taste.

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>