

## **Garlic-Herb Dressing by Carin Lynch**

(Makes 2 cups)

### Ingredients:

1 cup raw sunflower seeds, soaked, drained and rinsed

1 cup water

½ teaspoon Himalayan salt

1 Tablespoon blue agave nectar, pure maple syrup or honey

3 Tablespoons lemon juice

2 or 3 cloves of raw garlic

¼ cup fresh basil

¼ cup fresh parsley

1 teaspoon onion powder

Additional water to create a thinner dressing (optional)

### Instructions:

1. Blend all ingredients until smooth and creamy
2. Add additional water for a thinner dressing, if desired.
3. Refrigerate before serving.