



"Ranch" Done Right!

Your healthy alternative to a classic dip/dressing...

- *from Denise's Kitchen*

Ingredients:

- 1/4 cup of raw organic sunflower seeds
- 1/4 cup of organic sesame tahini
- 3 heaping tbsp of chopped organic onion
- 3/4 tsp of sea salt
- 1/2 cup of water
- 4 tbsp of freshly squeezed organic lemon juice
- 1 tsp of minced organic garlic
- 2 tsp of dried organic parsley
- 1 tsp of dried organic dill weed

Directions:

Combine all of the ingredients EXCEPT the parsley & dill weed in a high-speed blender. Blend until smooth, then add the parsley & dill weed and BRIEFLY blend some more. You'll be pleasantly surprised by the wonderful flavor! Pour it on your salad or use it as a healthy dip for raw veggies.