

Cucumber Dressing

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A mild and creamy dressing, equally delightful on greens or fruit salads. Feel free to play with the sweet/sour balance by adjusting the amount of lemon or honey. I prefer it lemony. This will freeze well for up to 3 months. Try pouring batches into small Ziploc bags. They will defrost quickly in a bowl of warm water and you'll always have some on hand.

Equipment:

Vegetable Peeler
Blender

Ingredients:

1 cup raw cashews or sunflower seeds
1 large cucumber, peeled
1/2 cup fresh lemon juice
1/4 cup honey
1 cup water
1 tsp onion powder
1 tsp salt

Directions:

Blend all the ingredients until smooth and creamy. Refrigerate to chill. Serve over a green salad, sprouts or your favorite fruit salad combo.

by Jurea Dawson at *The Voice in the Wilderness Mission*