

Papya French Dressing

written by admin | February 6, 2012



This dressing surprised me with its unique combination of flavors. It's very creamy, yet light and delicious! Try it over a plateful of tomatoes or tossed with baby field greens. Feel free to experiment with basil, cilantro or other herbs in place of the thyme.

Equipment:

Chopping Board
Blender

Ingredients:

2 cups papaya
1/2 cup fresh orange juice
1/4 cup olive oil
1-2 garlic cloves
1 tsp ground thyme
dash of sea salt to taste

Directions:

Blend all the ingredients in a blender until creamy.

Note: Yields approximately 1 1/2 cups. This dressing is best used fresh the same day, but keeps for 2 days (you may have to blend again).

from *"Hooked on Raw"* by Rhio

