

Recipe for

Ginger Lime Dressing



SERVES 1

PREP TIME/TOTAL TIME
Approx 5 min

NUTRITION INFORMATION

Total Calories 32

Fat 0

Protein 0

Carbohydrates 9

Fiber 0

INGREDIENTS

Juice from 2 limes

1 inch of ginger

1/8 tsp ground cardamom

1 tsp of date paste

DIRECTIONS

Juice limes to yield approx 4 tbsp of lime juice.

Finely grate ginger root

Mix ingredients and allow to sit for 15 minutes

*May substitute lime juice for lemon juice or juice from an orange. May also squeeze fruit and then dice pulp to create texture for the dressing.