



Recipe for

Sunflower Seed Dressing

PREP TIME/TOTAL TIME

Approx 2 min/ 5 min

NUTRITION INFORMATION

Total Calories 776

Fat 64 g

Protein 31 g

Carbohydrates 24 g

Fiber 13 g

INGREDIENTS

1/4 cup of low sodium soy sauce

1/3 cup of apple cider vinegar

1/2 cup of sunflower seeds

3/4 cup of water

DIRECTIONS

Place everything in high speed blender and blend till smooth.