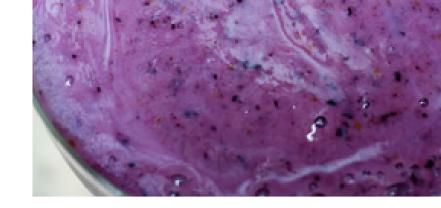
Recipe for

BLUEBERRY DRESSING

PREP TIME/TOTAL TIME 1 Approx 5 min/ 10 min

NUTRITION INFORMATION

Total Calories	215
Fat	8.8 g
Protein	3.7 g
Carbohydrates	33.6 g
Fiber	5.1 g



INGREDIENTS

1 cup of frozen blueberries	
1/4 cup of pomegranate juice,	
4 cashews	
4 walnuts halves	
1 tbsp of white wine vinegar	

DIRECTIONS

Place everything in high speed blender and blend till smooth.

If using a less powerful blender, make sure to soak the cashews and walnuts

in just enough water to cover for approx 30 minutes prior. Add nuts and the

water to recipe

