

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

