

Creamy Sunflower Dill Dressing

Source: Dustin Harder of @theveganroadie

About the Recipe

35 Calories · 1 g Protein · 1 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 12 Servings

- 1/2 cup sunflower seeds
- 1 cup water
- Juice of 1/2 lemon
- 1/4 teaspoon sea salt
- 3 tablespoons fresh dill

Directions

1. Add the sunflower seeds, water, lemon juice, and 1/4 teaspoon sea salt to a blender and blend until smooth and creamy. Add the dill and slowly blend until it is just mixed in. Do not blend until the sauce is green; it should be white with specks of dill.

Nutrition Facts

Per serving:

Calories: 35

Fat: 3 g

Saturated Fat: 0 g

% Calories From Fat: 73%

Cholesterol: 0 mg

Protein: 1 g

Carbohydrate: 1 g

Sugar: 0 g

Fiber: 1 g

Sodium: 50 mg

Calcium: 6 mg

Iron: 0 mg

Vitamin C: 1 mg

Beta-Carotene: 8 mcg

Vitamin E: 2 mg