

Herbal Legacy Recipes

Just Like Mom's Homemade Ranch Dressing

Tammie from <http://simplehealthytasty.com/> says to be sure to blend it till it is nice and smooth. It should be about the consistency of a runny milk shake before you put it in the fridge and thicken it after it has chilled.

INGREDIENTS:

- 1 cup of Sunflower Seed Sour Cream (recipe below, Note: This can be left out if you are in a hurry or just want it more simple! It's not quite as rich, thick, and creamy, but still really good)
- 1 cup Vegemise or Almonnaise
- 3 teaspoons apple cider vinegar (more if you like it really tangy)
- 1 Tablespoon Parsley
- Chives (optional)
- Dill (optional)
- 1 teaspoon onion powder
- 1/3 teaspoon garlic
- salt & pepper to taste I usually use about 1/4 teaspoon of each

DIRECTIONS:

1. Blend all ingredients in blender until nice and smooth. (It will be dip like consistency and great for carrot sticks etc.)
2. To make a more dressing like consistency add some water or rice milk. Also it will thicken a bit in the fridge so keep that in mind.

Sunflower Seed Sour Cream

- 1 cup raw sunflower seeds
- 1 cup water
- 4+ Tablespoons lemon juice
- 1 garlic clove pressed or 1/2 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 3/4 teaspoon salt

Place ingredients in blender and blend until smooth.



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<http://www.herballegacy.com/Recipes.html>

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