



The Wholeness Chef

Creamy Cilantro Dressing (Dairy Free)

*Our house is divided when we talk about cilantro. I happen to be a big fan, and who I have a craving for cilantro, I make my **Creamy Cilantro Dressing**. This recipe is from my sister, Chef Vanessa Alexander, and the creaminess to the recipe is actually from a surprising ingredient – it's hemp seeds, which give it a really nice, creamy, full-body taste. So we hope you enjoy this recipe as much as we do.*

– Dr. Mary Rondeau | The Wholeness Chef, inspiration from Chef Vanessa Alexander

Ingredients:

1/2 cup Organic Extra Virgin Olive Oil or Avocado Oil
1/2 cup Organic Lemon Juice (about the juice of 1 lemon)
1/4 cup Hemp Seeds, shelled
2 Tsp Raw Honey
2 small-medium Organic Garlic cloves, roughly chopped
1 bunch of Organic Cilantro with stems (about 1 cup packed)
1/2 Tsp Redmond Real, Celtic, or Himalayan Salt or more to taste
1/4 Tsp freshly ground Black Pepper

Optional:

1/4 Tsp Aleppo Chili Powder or Cayenne Pepper for extra kick

Directions:

1. Add all ingredients to a food processor or high-powered blender except the olive oil and blend until smooth.
2. Gradually add olive oil while the food processor or blend is still on.
3. Taste and adjust salt and pepper if necessary.
4. Transfer to a jar and store in the fridge for up to five days.

Uses: Veggie dip, salad dressing, sauce for fish/shrimp, marinade for chicken or pork