

| No-Oil Poppy Seed Dressing  |  |  |
|---|--|--|
| <i>From</i>   |  |  |
| 1 c distilled water or vegetable soup stock                             |  |  |
| 1 TBSP arrow root powder  |  |  |
| mix well and pour into a small saucepan, heat until clear and thickened |  |  |
| allow to cool slightly, pour into blender and add the following:        |  |  |
| 1/3 c lemon juice   |  |  |
| 2 TBSP poppy seeds  |  |  |
| 1 tsp dry mustard   |  |  |
| 1/3 c honey   |  |  |
| 1/4 tsp celtic sea salt   |  |  |
| 1 tsp paprika   |  |  |
| blend well, pour into jar and refrigerate until ready to serve.         |  |  |
|   |  |  |
|   |  |  |
|   |  |  |
|   |  |  |

| Asparagus Vinaigrette   |  |  |
|---|--|--|
| <i>From Sandy Seiler</i>  |  |  |
| Asparagus spears, cut in chunks   |  |  |
| Cherry tomatoes cut in half   |  |  |
| parsley, small handful, chopped   |  |  |
| <b>Dressing:</b>  |  |  |
| 1/8 c olive oil   |  |  |
| 1 TBSP shallots, chopped  |  |  |
| 1 TBSP raw apple cider vinegar (I used raspberry wine vinegar)                      |  |  |
| 1 TBSP fresh lime juice   |  |  |
| 1 tsp raw honey   |  |  |
| celtic sea salt to taste  |  |  |
| fresh ground pepper to taste  |  |  |
| Pour dressing over asparagus and tomatoes. Marinate for a few hours before serving. |  |  |
|   |  |  |
|   |  |  |
|   |  |  |
|   |  |  |

| Fennel Salad   |  |  |
|--|--|--|
| <i>From (Living on Live Food)</i>  |  |  |
| 1 lg fennel bulb   |  |  |
| 1 1/2 TBSP lemon juice   |  |  |
| 1 TBSP parsley   |  |  |
| 2 tsp olive juice  |  |  |
| 1 1/2 tsp chopped onion  |  |  |
| 1/2 clove garlic, minced   |  |  |
| 1/4 tsp sea salt   |  |  |
| pepper to taste  |  |  |
| remove stalks and leaves from fennel bulb and cut bulb into thin slices. |  |  |
| (you should have about two cups)   |  |  |
| toss well with remaining ingredients and chill for at least 30 minutes   |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

| Chickpea Humus duplicate                  |  |  |
|---|--|--|
| <i>From</i>                               |  |  |
| chickpeas                                 |  |  |
| sunflower seeds                           |  |  |
| tahini                                    |  |  |
| parsley/cilantro                          |  |  |
| medjoule dates                            |  |  |
| combine all ingredients in food processor |  |  |
|   |  |  |
|   |  |  |
|   |  |  |
|   |  |  |