

Creamy Herb & Hemp Dressing

BY VALERIE PICCITTO, RHN, CNE

Ingredients

1/4 cup Hemp Hearts
2-3 Tbsp olive oil
2 Tbsp parsley
3 Tbsp rice wine vinegar
2 Tbsp nutritional yeast
1 small clove garlic
pinch sea salt or Herbamare
water, as needed to get desired consistency



Directions

1. Throw all of your ingredients into a food processor or blender and pulse until creamy and smooth. Add water, slowly and as needed to get the consistency that you desire.
2. Drizzle over fresh green salad, pasta salad, Buddha Bowl or grain dish and enjoy!
3. Store any extra in a small mason jar. Will last, refrigerated for about a week.

LINK: <http://valeriepiccitto.com/blog/creamy-herb-hemp-dressing>

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