

Red Pepper Sunflower Seed Dressing

No oil dressing. Goes great with leafy green salads and with sprouts. For the tempeh recipe look under "spiced tempeh sandwich." This plate also contains a simple romaine salad and mung bean, fenugreek and alfalfa sprouts (not part of this recipe).

Categories

Gluten-free

Yields: 8 servings

Preparation time: 5 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Raw



Ingredients

Red bell peppers, raw	1 cup
Sunflower seeds, raw	0.75 cup
Garlic, fresh	2 clove
Water	0.75 cup
Tamari sauce	1 tablespoon
Lemon juice, fresh	1 tablespoon
Basil, ground	1 teaspoon
Oregano, dried	1 tablespoon
Paprika	0.5 tablespoon

Instructions

Soak raw sunflower seeds for 4 -6 hours in water, or overnight.

1. Drain, rinse and drain soaked sunflower seeds - add to blender.
2. Chop red bell pepper and garlic and add to blender.
3. Add remaining ingredients to the blender. Blend until smooth.

Store in refrigerator for up to one week.