

Cooling Herbal Dressing

Ingredients

- 1 cup cilantro, loose leafs
- ½ cup Italian parsley, loose leafs
- ¼ cup mint, loose leafs
- 1 glove of garlic, roughly chopped (optional)
- 1 Tbs. Dijon mustard
- ½ tsp. turmeric
- ½ tsp. ground fennel seeds
- 1 tsp. Himalayan pink salt
- ¼ tsp. freshly cracked black pepper
- ⅓ cup lime juice, freshly squeezed
- ⅔ cup olive oil or sunflower oil
- ½ -1 tsp real maple syrup

Blend all ingredients in a blender and serve with your favorite salad.

Adjust ingredients to your taste. May increase the amount of spices and oils, use different proportions of herbs. Use minimal amount of maple syrup.

Cooling Herbal Dressing is nice to add to a pasta + veggie or grain + veggie salad.