



Dr. Laleh's Tangy Honey Lemon Dressing

Ingredients

Amount

Fresh Squeezed Lemon Juice	Juice of 3 medium lemons
Raw Filtered Honey	1 tsp
Coriander seeds	1 TBS
Fennel Seeds	½ TBS
Organic Balsamic Vinegar	¼ Cup
Coconut Aminos	1 TBS
Nutritional Yeast	2 TBS
Fresh Garlic	2 Cloves
Spicy Brown Mustard	¼ Cup
Raw Apple Cider Vinegar with the Mother	¼ Cup
Dried Herbs (Tarragon, basil, mint, Chives)	1 TBS

Preparation:

Mix all ingredients in a Nutri-bullet blender and blend until all garlic is finely chopped and well mixed. Store BBQ sauce in fridge for up to 2 weeks. Makes 16 servings

Nutrition Facts

Servings 16.0

Amount Per Serving

calories 30

% Daily Value *

Total Fat 2 g 3 %

Saturated Fat 0 g 1 %

Monounsaturated Fat 1 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 55 mg 2 %

Potassium 6 mg 0 %

Total Carbohydrate 3 g 1 %

Dietary Fiber 0 g 1 %

Sugars 2 g

Protein 1 g 1 %

Vitamin A 0 %

Vitamin C 8 %

Calcium 1 %

Iron 0 %