



## Recipe Details

Recipe Name - Mango Blueberry Dressing

Recipe Steps -

### Ingredients

- 1 cup mango
- 1/2 cup frozen wild blueberries, thawed (use juice)
- 1 lemon, juiced
- 2 tablespoon apple cider vinegar
- 3 tablespoon hemp hearts
- Pinch of salt or splash of tamari

### Directions

1. place all ingredients in a bullet or high-speed blender, and blend well
2. Enjoy!

