



## Recipe Details

Recipe Name - Sweet Hemp Dressing

Recipe Steps -

### Ingredients

- 3/4 cup hemp hearts
- 1/3 cup water
- 1/2 small zucchini
- 3 Medjool dates
- 1 clove garlic
- 1 Tbsp raw apple cider vinegar
- 1 lemon, juiced
- 1 tsp dry oregano
- 1 tsp dry parsley
- Splash of tamari or salt to taste
- Pepper to taste

### Instructions

1. Blend well in a high-speed blender or bullet
2. Enjoy!

