



Spicy Pumpkinseed-Miso Dressing

***Makes 2½ cups**

½ cup Raw Apple Cider Vinegar (*unpasteurized)

½ cup Filtered Water

1 cup Virgin Olive Oil or Cold-pressed Garlic-Chili Flax Oil

2 Tbsp. Omega Pumpkinseed Butter, Hempseed Butter or Tahini

1 Tbsp. Naturally Fermented Miso (*brown rice or barley miso)

- 1. Place all ingredients in a blender and puree until creamy.**
- 2. Serve over your favorite wild greens.**
- 3. Alternatively, this dressing can be used as a dip or dressing to enliven yam fries, wraps, sushi, sandwiches or nut loafs!**