

Turmeric Dressing

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Home & Harvest, Recipes for Healthy Living

<https://celebratingyourjourney.com>

Day 4 Rotation - An excellent dressing for salads, rice dishes, even meat recipes



Servings: 16

Yield: 1 cup

2/3 cup sunflower oil

1/4 cup rice vinegar

2 teaspoons honey

1/2 teaspoon celery seed

1 teaspoon turmeric

1 teaspoon marjoram

1 teaspoon thyme

1/2 teaspoon sea salt

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Preparation Time: 10 minutes

Place all ingredients in a container that has a lid. Shake until well blended.

Serve on salads, rice and meat dishes for the day.

Optional: To make a creamy dressing, you can add about 1/4-1/3 cup vegan mayonaisse. Shake until well blended.

Optional: To increase protein, you can add about 2T rice protein powder and 2-3T. water. Shake until well blended. The flavor may be slightly different but still tasty.

Per Serving (excluding unknown items): 85 Calories; 9g Fat (94.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 59mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Fat; 0 Other Carbohydrates.

