



2 servings



5 minutes

Walnut Grapefruit Dressing Recipe



Ingredients

1/4 C walnut or other nut butter
1/4 C grapefruit juice
1 Tbsp white miso
1 tsp agave nectar
1 tsp tarragon
1/8 C hot water

Once I started making nut butters, I came up with all kinds of sauces. This was another of those famous recipes of "What's-in-the-frig?" I tasted it, tweaked it and served over cabbage rolls. Now I use it for everything. Dilute with water at different ratios for a thinner dressing or a thick sauce..

Method

1. Place all ingredients in small bowl. Blend with immersion blender until creamy.

Note: You can make your own nut butter in a strong blender or food processor. Put in raw nuts. Turn on food processor. Walk away. Come back in 5 minutes. Walnut is used here for the omega-3 fats.

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