

Green Gaia Dressing

SCD dressing



Ingredients:

- 1 Avocado (ripe)
- ½ Bell pepper (red or green)
- 1-2 Garlic cloves, pressed
- 1 Lemon, juiced
- ¼ cup water
- 1 Tomato (Roma)
- 1 Cucumber (small)
- 1 Tbsp Miso
- 2 Tbsp Tamari or Coconut Aminos (www.coconutsecret.com)
- 1 Tbsp Honey (raw)
- 1 Tbsp Tahini (raw)

Directions:

- 1.) Place all ingredients in a blender
- 2.) Blend until smooth and creamy.

Notes / Suggestions:

- 1.) Makes X cups.