

Cilantro Salad Dressing

1 cup sunflower seeds
2 cups water
½ tsp. sea salt
1 bunch cilantro
Meat of one umeboshi
2 TBSP. onion granules
Lime juice

1. Cook the sunflower seeds, water and salt in a pressure cooker for 20 minutes. Let cool, and place in a blender and puree.
2. Wash the cilantro, trim off the ends of the stems and chop. Add the cilantro, umeboshi and onion granules to the blender.
3. Adjust the taste by adding one TBSP. fresh squeezed lime juice at a time. Add additional salt or onion granules to taste.
4. Chopped green or red onion may be added for variation.