

## **Lemon Cilantro Dressing**

1 Lemon, juiced  
½ bunch Cilantro, chopped  
1 Garlic clove  
½ cup raw Sunflower Seeds, soaked and drained  
2 TBL Extra Virgin Olive Oil  
Sea Salt and Black Pepper to taste

Combine: Place all ingredients in a high-speed blender and blend until smooth.