

Herbal Legacy Recipes

Raspberry Poppy Seed Dressing

Contributed by Claudine Benson

INGREDIENTS:

1 cup olive oil or grape seed oil
3/4 cup raspberry vinegar
1/4 cup agave (you could also use honey – about 1/2 cup)
1 1/2 Tab. poppy seeds
1 1/2 tsp. salt
1 1/2 Tab. fresh green or yellow onion, minced
3/4 tsp. dry mustard

DIRECTIONS:

Combine in blender & refrigerate 3 days

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