



CARROT AND GINGER DRESSING

1 bag of baby carrots
1- to 2-inch piece fresh ginger root (according to your taste)
1/3 cup raw apple cider vinegar
1/2 cup water
1/4 cup flax seed oil
1 clove garlic, peeled
5 drops liquid stevia (natural sweetener found in supplements aisle)
Cumin, coriander, and/or curry spice to taste

Blend all of the ingredients at high speed until smooth. Add water or apple cider vinegar if needed.

Use with salads or as a dip. Excellent with sushi roll!

This dressing will keep for 2 weeks in the refrigerator.