



Creamy Lemon Dressing

by *BHHEC Staff*

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1. In a small kettle put:
1 cup water
2 Tbsp. cornstarch
2. Stir then cook until it comes to a boil. Boil 1 minute and set aside.
3. In blender put:
½ cup sunflower seeds
1/8 tsp. onion powder
1/8 tsp. celery seed
1/8 tsp. ground dill seed
1/8 tsp. garlic powder
¼ tsp salt
¼ cup lemon juice
4. Blend until smooth.
5. Add the cornstarch mix and blend again.
6. Pour into container and refrigerate.