

Amy's Ultimate Ceasar Dressing & Dip

1/3 - 1/2 cup sunflower seeds
1 cup pumpkin seeds
1/4 cup lemon juice
2 Tbsp Olive oil
6 Garlic Cloves
1/3 cup onion
1/4 cup Nutritional yeast
2-3 Tbsp Honey
2 Tbsp Apple cider vinegar
1/2 tsp sea salt
1/4 tsp cumin
1+ tsp black pepper (to taste)
1 tsp ground mustard seeds (optional)
1/2 cup water, start w/ 1/4 cup, add gradually

VITAMIX using tamper, start at low speed & blend at HIGH speed 2 mins