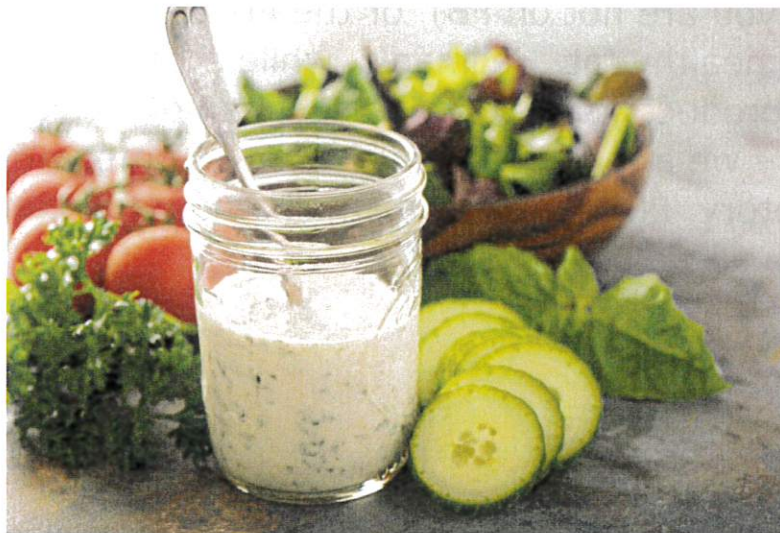


RANCH DRESSING

Just because you are trying to lose weight, doesn't mean you shouldn't enjoy delicious dressings or dips for your salads and vegetables. They add flavor and fun to your meals – and flavor means staying away from low-fat, low-calorie dressings with artificial sweeteners and unhealthy fats like canola and soybean oil. This recipe was sent to us from Karen, one of our clients. It is a bit different than the ranch dressing used in our Buffalo Cauliflower Bites, and really tastes great. Even her family enjoyed it! One serving of this recipe is two tablespoons and covers your fat for one meal.



INGREDIENTS

1/2 cup coconut cream (see instructions)
1/2 cup mayonnaise (Genesis recipe, Primal Kitchen or Hellman's organic) – see Notes below
1 tsp fresh lemon juice
1/2 tsp onion powder
1/4 tsp garlic powder
1-1/2 tsp dried chives (or 4 tsp fresh, chopped)
Pink Himalayan sea salt & freshly-ground pepper, to taste

INSTRUCTIONS

If using pure coconut cream just measure out 1/2 cup. If using coconut milk (from a can, not a carton), refrigerate the can for at least an hour to overnight for the cream to separate from the water and solidify. Scoop out 1/2 cup of the separated cream.

Mix all the ingredients together, then store in the refrigerator for about 24 hours for the flavors to meld together. Stir again before serving.

NOTES: You will be better to choose the Genesis healthy mayonnaise recipe found on the FB Client page under "Files" (or contact us if you are not on FB), or the Primal Kitchen brand. They contain healthy fat. Hellman's, while a better choice than non-organic products, still contains soybean oil, which is an omega-6 fat – we already eat way too much omega-6's, which are inflammatory. Plus, there is a small amount of cane sugar in their product, as well.