

## Immune Boost Carrot, Ginger, Sesame Dressing

This super immune friendly dressing can be your everyday friend with any dishes. This bright orange color invites smiles and happiness into your tables 😊

**Ingredients** (prefer organic ) Makes 4 cups.

3 medium carrots (300g), cut to 1-2 inches  
1 cup unsweetened apple sauce  
½ lemon, quartered (or orange)  
½ cup water  
¼ cup rice vinegar or apple cider vinegar  
4 Table spoon roasted ground brown sesame seeds  
1 Table spoon ground flax seeds\*  
2 tablespoon fresh ginger  
1 teaspoon soy sauce (or ½ TBS miso paste)  
A pinch of sea salt

2 Table spoon Extra virgin olive oil

Optional for extra Omega-3\*

Place all ingredients into a blender, starting from liquids and apple sauce, then run a blender until smooth puree consistency. Continue blending while drizzling in olive oil, aiming to the center one table spoon at a time.

Serve with sliced apples, carrot stick, natto, fermented vegetables, or green leafy vegetables. It's also great as a salad dressing.

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