

## **POPPY SEED DRESSING**

**FROM THE "SENSIBLE COOKING" COOKBOOK**

- 1/2 small onion (finely chopped)
- 1 1/2 cups sugar or 1 cup of Xagave Natural Sweetener
- 1 Tbsp. dry mustard
- 2 tsp salt
- 3/4 cup red wine vinegar
- 2 cups olive oil
- 2 Tbsp. poppy seeds

**Using a really strong blender like the Bosch Universal Plus attachment or the L'Equip RPM blender, add chopped onion sugar, mustard, salt and vinegar. Lightly blend. With blender on, slowly add oil in a stream - blend until thickened. Add poppy seeds and mix to combine.**

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