

Mark's Kitchen

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Creamy Garlic Dressing

Ready in: 10 minutes

Serves: 12

This delicious, protein-rich dressing is from my [Blood Sugar Solution Cookbook](#). It can be used on salads or as a dip for meat, chicken or vegetables. Garlic is a fabulous immune-boosting, antimicrobial, blood-pressure-lowering, cholesterol-optimizing food.

Ingredients:

- 1 cup macadamia nuts
- sea salt and freshly ground black pepper to taste
- 1/4 teaspoon dry mustard
- 4 garlic cloves, minced
- 2 tablespoons apple cider vinegar
- 2 tablespoons red wine vinegar
- 1/3 cup water
- 2/3 cup extra-virgin olive oil

Step 1: Combine all of the ingredients except the oil in a blender and blend on high speed for 1 minute.

Step 2: With the lid on and using the blender fill cap, slowly drizzle in the oil and blend until the dressing is smooth and creamy.

Step 3: Taste for seasoning and add more salt or black pepper if desired.

Note: The dressing can be stored in an air-tight glass jar and refrigerated for up to 5 days.

Nutritional analysis per serving (2 tablespoons): calories 188, fat 21 g, saturated fat 3 g, cholesterol 0 mg, fiber 1 g, protein 1 g, carbohydrate 2 g, sodium 40 mg