

## **Poppy Seed Dressing**

½ cup honey  
1 tsp dried mustard  
1 tsp Celtic gray salt  
1/3 cup apple cider vinegar  
1 cup olive oil  
1 Tbsp dried chopped onions  
1 tsp poppy seeds  
1 tsp roasted sesame seeds  
2-3 cloves garlic minced

Combine honey, mustard, salt, garlic and vinegar in a blender. Slowly pour in oil, which will thicken the consistency. Add chopped onions, poppy seeds and sesame seeds and whirl a few times. Makes 1 ½ cup of dressing and is ideal for vegetable and fruit salads and as a dip for veggies.