



ALMOND BUTTER DRESSING

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

3 tbsp almond butter
1 1/2 tbsp lemon juice
2 tsp maple syrup
1/2 tsp garlic powder
(optional)
A grind of salt and black
pepper
3 tbsp water

METHOD

1. Combine the almond butter, lemon juice and maple syrup in a small bowl.
2. Add the garlic powder if using and the salt and pepper.
3. Add the water to loosen to the desired consistency and stir again.