

# Peanut & Fresh Dill Dressing

- ¼ Cup Natural peanut butter
- ¾ Cup Apple cider vinegar
- ¼ Cup Cold water
- ½ Cup Fresh dill minced
- 1 Teaspoon Fresh ginger minced
- 1 Pinch Salt



- 1 Put peanut butter in a deep round mixing bowl
- 2 Wash and mince fresh dill and add to the bowl
- 3 Peel and mince fresh ginger and add to the bowl
- 4 Combine water, apple cider and a pinch of salt in another container
- 5 Add about ¼ of the liquid to the bowl, stir with whisker or fork, slowly adding more liquid till it is smooth and creamy

Servings: 8  
Yield: 8

## Cooking Times

Preparation Time: 10 minutes  
Total Time: 10 minutes

## Nutrition Facts

Serving size: ¼ of a recipe (2.2 ounces).  
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.  
Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	69.7
Calories From Fat (49%)	34.49
% Daily Value	
<b>Total Fat</b> 4.12g	<b>6%</b>
Saturated Fat 0.84g	<b>4%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 39.7mg	<b>2%</b>
<b>Potassium</b> 112.88mg	<b>3%</b>
<b>Total Carbohydrates</b> 7.09g	<b>2%</b>
Fiber 0.55g	<b>2%</b>
Sugar 0.75g	
<b>Protein</b> 2.07g	<b>4%</b>

Recipe Type: Sauce

## Source

Author: Selas G. Kidane  
Source: Diversity Cooking  
Web Page: [www.diversitycooking.com](http://www.diversitycooking.com)  
Copyright: Selas G. Kidane

## Author Notes

This delicious home made dressing should be kept in a tight seal glass or plastic sauce container in refrigerator at all times, you can use more or less of each ingredients to adjust the flavor and consistency to your desired level.