

Strawberry-Lime Dressing



DelFresco
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Yield: 8 servings

Prep Time: 10 minutes

Total Time: 15 minutes

If you omit the oil, this becomes a Strawberry-Lime sauce that you can add on top of pancakes, waffles, oatmeal or yogurt with chopped fresh fruit! Try this dressing with our signature Mixed Greens Salad!

Ingredients:

- 3 cups YES!Berries Your Everyday Snack!™ strawberries, stemmed
- 1/2 cup canola oil
- 1-2 limes, zest one and juice from both (approx. 30-60 mL juice, to taste)
- 2 Tbsp honey
- 2 Tbsp LivingCube™ fresh basil

Directions:

1. Combine all of the ingredients into a blender and puree until smooth.
2. Store in an air-tight container, in the fridge for up to 3 days.

Cooking Tips:

If you want to amp up the strawberry flavour, roast your berries first!



Nutrition Facts:

Serving Size: 1, Servings Per Recipe: 8, Amount Per Serving: Calories 154, Total Fat 13.8g (18% Daily Value), Saturated Fat 13.8g (18% Daily Value), Cholesterol 0mg (0% Daily Value), Sodium 1mg (0% Daily Value), Potassium 87mg (2% Daily Value), Carbohydrate 8.5g (3% Daily Value), Dietary Fiber 1.1g (4% Daily Value), Sugars 7g, Protein 0.4g.

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*This delicious strawberry dressing recipe is credited to Canola Eat Well