

## [Blueberry Pomegranate Dressing](#)



Dr. Joel Fuhrman's Wild Blueberry Vinegar is bursting with fruity flavor. This versatile vinegar can add a bright note to a vegetable dish, enhance the flavor of a bowl of mixed berries, or be combined with nuts and other ingredients to create a delicious salad dressing. Like all of Dr. Fuhrman's flavored vinegars, our Wild Blueberry Vinegar is all natural, vegan, non-GMO and gluten free.

**Serves: 6**

*This fruity, creamy dressing will not only make your salad taste great, it will make it more nutritious. Berries and pomegranate juice are rich in antioxidants and the healthy fat in nuts and seeds increases nutrient absorption.*

### **INGREDIENTS:**

- 2 cups fresh or thawed frozen blueberries
- ½ cup pomegranate juice
- ¼ cup raw cashews
- ¼ cup raw sunflower seeds
- ¼ cup [Dr. Fuhrman's Wild Blueberry Vinegar](#) or other fruit flavored vinegar

### **INSTRUCTIONS:**

Blend ingredients in a high-powered blender until smooth and creamy.

Calories 105; Protein 3 g;  
Carbohydrates 12 g;  
Sugars 8 g; Total Fat 5.9 g;  
Saturated Fat 0.7 g;  
Cholesterol 0 mg;  
Sodium 4 mg; Fiber 2.1 g;  
Beta-Carotene 16 ug;  
Vitamin C 1 mg;  
Calcium 14 mg;  
Iron 0.8 mg; Folate 23 ug;  
Magnesium 40 mg;  
Potassium 155 mg;  
Zinc 0.7 mg;  
Selenium 4.4 ug



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