

# pineberry poppy seed dressing

**Makes approximately 2 cups**

RECIPE FROM: [Wish Farms](#)

PREP TIME: 5 minutes

---

2 cups pineberries  
1/3 cup orange juice  
1 Tbsp honey  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1 Tbsp poppy seeds  
1/2 lemon, juiced (or 1 Tbsp)  
pinch of salt  
1/2 cup avocado or olive oil

WASH pineberries by running under gentle cool water.

REMOVE tops and cut in half.

PLACE all ingredients, except for oil, in a food processor or blender.

BLEND ingredients while slowly adding oil until smooth and creamy.

TASTE and adjust seasoning with additional honey and/or salt if needed.

STORE in a lidded container or jar in the refrigerator. Shake well before serving.

