



# BUTTER LETTUCE

---

## **Salad**

*1/2 head butter lettuce  
1 radish, sliced thinly on mandoline  
1/2 avocado*

## **Maple Mustard Vinaigrette**

*1/2 cup hemp seeds  
3/4 cup water  
1/2 cup maple syrup  
1/4 cup apple cider vinegar  
3 tablespoons dry mustard  
10 turns black pepper  
1 teaspoon salt  
1 tablespoon shallot, minced  
1/2 teaspoon turmeric  
1/4 cup grapeseed oil*

*Combine all ingredients except grapeseed oil and blend until smooth. While blending, gradually pour oil in to emulsify. Keep in jar in fridge until ready. This recipe does make a large quantity so you could halve it!*