

Papaya Seed Dressing or Papaya Seed Salsa

Ingredients

- All the seeds from one papaya
- ¼ cup papaya flesh
- 2 cloves of garlic
- ¼ a medium sized onion
- 3 tbsp. vinegar (I used kombucha vinegar, but red wine or apple cider would also be good)
- 1 jalapeno
- Pinch of salt
- A small amount of water, as needed (optional).

Steps

1. Blend all the ingredients together. Thin with water to get desired consistency. For a thicker salsa, allow to set in the refrigerator.

