



Cheesy Roasted Red Pepper Dressing

Serves: 2 cups

Active time: 30 min

Total time: 35 min

Ingredients

1 cup unsweetened soy/almond milk or water
¼ cup roasted red peppers
½ cup cashew, rinsed, or soaked for 4-8 hours, drained, rinsed
¼ cup hemp seeds/flax seeds (optional)
3 tbsp nutritional yeast flakes
2 Tbsp tamari/soy sauce
2 Tbsp lemon/calamansi/cane vinegar
2 cloves garlic, peeled
Ground black pepper
Pinch cayenne pepper



Directions

Put the milk, red peppers, cashews, seeds, nutritional yeast, tamari, lemon juice and garlic in a high-speed blender and process until smooth and creamy. Season with pepper and optional cayenne to taste. Store in a sealed container in the refrigerator, the dressing will keep for 3-4 days.

PER 2 TABLESPOONS (30 ML)

Calories: 82
Protein: 4 g
Fat: 5 g
Carbohydrate: 6 g
Dietary fiber: 0.8 g
Calcium: 15 mg
Magnesium: 48 mg
Iron: 1 mg
Potassium: 95 mg
Sodium: 305 mg