



Ranch Dressing

Serves: 10 servings

Active time: 10 minutes

Total time: 15 minutes

Ingredients

350g firm silken tofu
1 tablespoon ground chia seeds
3 tablespoons natural sweetener
2 cloves garlic
2 scallions, finely chopped
¼ cup lemon juice
½ teaspoon dried basil
½ teaspoon dried thyme
½ teaspoon dried oregano
1 tablespoon nutritional yeast
½ teaspoon Bragg Liquid Aminos or low-sodium soy sauce
Ground black pepper and cayenne to taste
2 tablespoons chopped parsley/dill



Directions

- In a high-powered blender, puree the tofu including other ingredients except for parsley/dill.
- Stir in the parsley/dill and refrigerate until ready to serve. Add water if needed to adjust consistency.

NUTRITIONAL DATA PER SERVING (1 serving): calories 59 | fat 2.8g | saturated fat 0.50g | cholesterol 0mg | sodium 26mg
| carbohydrates 5g | fiber 1.1g | protein 4g