

VEGAN CALIFORNIA SUN DRIED TOMATO DRESSING



NUTRITION:

CALORIES: 91 kcal | CARBOHYDRATES: 6g | PROTEIN: 2g | FAT: 7g | SATURATED FAT: 1g | POLYUNSATURATED FAT: 1g | MONOUNSATURATED FAT: 5g | SODIUM: 240mg | POTASSIUM: 299mg | FIBER: 1g | SUGAR: 1g | VITAMIN A: 213mg | VITAMIN C: 19mg | CALCIUM: 13mg | IRON: 1mg

LUNCH/SNACK

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SERVES

2



METHOD

Blender



PREP TIME

5 Min



COOKING TIME

0 Min



DIFFICULTY

Low

INGREDIENTS:

- ½ cup unsalted cashews (soaked 8-10 hours)
- 7 ounces sun dried tomatoes in oil (do not drain!!)
- ¾ cup water
- ¼ cup lemon juice
- 2 cloves garlic
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 2 tablespoons extra virgin olive oil

INSTRUCTIONS:

Add all of the ingredients to a high-powered blender. Blend until smooth and creamy. Store in the refrigerator for up to 2 weeks.

Note: makes 12 ounces of dressing.



Recipe and photography by Whitney Bond, whitneybond.com