



Creamy Ranch Dressing

This sauce can be used for many dishes besides just as a salad dressing. From dipping vegetables to toppings for baked potatoes.

created by: Kim Campbell

INGREDIENTS

½ cup water	2 tablespoon apple cider vinegar
⅓ cup cashews	1 teaspoon maple syrup
4 ounces extra firm tofu	½ teaspoon onion powder
2 garlic cloves	¼ teaspoon sea salt
1 tablespoon lemon juice	½ teaspoon black pepper
2 teaspoons Dijon mustard	2 teaspoons dried parsley
	1 teaspoon dried dill

DIRECTIONS

1. Place all ingredients into a high-powered blender and blend until smooth and creamy. Store in an airtight container in the refrigerator.

TIP

make ahead
and store in
refrigerator for
7-10 days

DRESSINGS + SAUCES



PREP



COOK



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