

# Poppy Seed Dressing

A tangy sweet creamy dressing perfect for any salad or dipping sauce for fresh veggies. It's quick, simple, and ready in seconds. I love this dressing on a spinach salad topped with fresh strawberries.

## INGREDIENTS

½ cup nondairy milk	2½ tablespoons sunflower seeds
1 tablespoon lemon juice	2 tablespoons water
2 tablespoons apple cider vinegar	1 tablespoon poppy seeds
2 tablespoons maple syrup	½ teaspoon garlic powder
1 teaspoon Dijon mustard	2 teaspoon onion powder
½ teaspoon sea salt	

## DIRECTIONS

1. Add all of the ingredients except the poppy seeds to a high speed blender and blend for 30-60 seconds. Add the poppy seeds and pulse the dressing 3-4 times on low until all the ingredients are fully combined. Dressing will continue to thicken when refrigerated.

### TIP

store in airtight container in refrigerator for up to 2 weeks

DRESSINGS + SAUCES



PREP



COOK



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