Creamy Poppy Seed Dressing

Source: Dr. Neal Barnard’s Program for Reversing Diabetes by Neal Barnard, MD; recipe by Bryanna Clark Grogan

This quick and easy dressing is very low in fat. With just the right amount of sweetness, it’s great on fruit salads and spinach salads.

About the Recipe

61 Calories · 2.6 g Protein · 0.4 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes Servings

- 8 ounces reduced-fat firm or extra-firm silken tofu, crumbled
- 6 ounces frozen apple juice concentrate, thawed
- 6 tbsp. reduced-fat soy milk
- 3 tbsp. cider vinegar
- 1 tbsp. poppy seeds
- 1 1/2 tbsp. chopped onion
- 1 1/2 tbsp. dijon mustard
- 3/4 tsp. salt

Directions

1. Place tofu, juice concentrate, soy milk, vinegar, poppy seeds, onion, mustard, and salt in a blender and process until smooth.
2. Transfer to a jar and refrigerate. Shake before serving.

Nutrition Facts

Per 1/4 cup

Calories: 61
Fat: 1.1 g
- **Saturated Fat:** 0.1 g
- **Calories from Fat:** 16.5%

Cholesterol: 0 mg
Protein: 2.6 g
Carbohydrates: 10.2 g
Sugar: 8.1 g
Fiber: 0.4 g
Sodium: 330 mg
Calcium: 47 mg
Iron: 0.7 mg
Vitamin C: 0.9 mg
Beta-Carotene: 13 mcg
Vitamin E: 0.1 mg