Caesar Dressing

About the Recipe

117 Calories · 3 g Protein · 1 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 12 Servings

- 1 cup (140 g) raw unsalted sunflower seeds
- 1 1/2 cups (12 fl oz) water
- 1/4 cup (2 fl oz) olive oil (see notes for oil-free option)
- 1 lime, juiced
- 2 tablespoons (32 g) chickpea miso
- 1 tablespoon (8 g) capers
- 1 tablespoon (15 mL) coconut aminos
- 1 tablespoon (11 g) Dijon mustard
- 2 cloves garlic
- 1/2 teaspoon (3 g) sea salt
- 1/2 teaspoon (1 g) ground black pepper

Directions

1. Add the sunflower seeds, water, oil, lime juice, miso, capers, coconut aminos, Dijon, garlic, and salt to a blender. Blend until smooth and creamy. Add the pepper and blend just enough to combine so that specks of pepper remain.
2. Add more water, 1 tablespoon at a time, if a thinner dressing is desired. OIL-FREE OPTION: Omit the oil and use 1/4 cup water in its place.

Nutrition Facts

Per serving:
Calories: 117
Fat: 11 g
    Saturated Fat: 1 g
    % Calories From Fat: 79%
Cholesterol: 0 mg
Protein: 3 g
Carbohydrate: 4 g
Sugar: 1 g
Fiber: 1 g
Sodium: 277 mg
Calcium: 15 mg
Iron: 1 mg
Vitamin C: 2 mg
Beta-Carotene: 13 mcg
Vitamin E: 5 mg