

# 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