

Quick Sunflower Queso

About the Recipe

73 Calories · 3 g Protein · 1 g Fiber

Sauce/Dressing/Topping

Ingredients

Makes 20 Servings

- 1 1/2 cups raw unsalted sunflower seeds
- 2 cups water
- Juice of 1 lemon
- 1 tablespoon chickpea miso
- 1 tablespoon no-salt-added tomato paste
- 1/4 cup nutritional yeast
- 1 tablespoon low-sodium taco seasoning
- 1 teaspoon onion powder
- 1 teaspoon sea salt

Directions

1. Add the sunflower seeds, water, lemon juice, chickpea miso, tomato paste, nutritional yeast, taco seasoning, onion powder, and sea salt to a blender. Start the blender on low, slowly increase the speed, and blend until smooth and creamy.

Nutrition Facts

Per serving:

Calories: 73

Fat: 6 g

Saturated Fat: 1 g

% Calories From Fat: 64%

Cholesterol: 0 mg

Protein: 3 g

Carbohydrate: 4 g

Sugar: 1 g

Fiber: 1 g

Sodium: 184 mg

Calcium: 15 mg

Iron: 1 mg

Vitamin C: 1 mg

Beta-Carotene: 25 mcg

Vitamin E: 4 mg