

COMPLIANT DELICIOUS DRESSING

I have created this dressing with two versions. One is a standard dressing and the other is a creamy version.

**Ingredients:**

* ½ cup water
* 2 tsps. chia seeds
* 1 tsp. or 3-4 raisins
* ¼ cup red wine vinegar
* 1 Tbs. grated fresh turmeric (or 1 tsp. dry)
* 1 tsp. ground cumin
* 1 garlic clove, chopped
* 1 tsp. lite tamari
* ½ tsp. Dijon mustard
* ¼ tsp. black pepper (or 10 turns of a pepper mill to activate the turmeric)

**Ingredient for creamy version**

* 1 cup steamed cauliflower or 1 cup Chef AJs Honey Mustard Dressing

Method:

1. Combine the water, chia seeds and raisins in a glass and let sit for an hour or overnight. This will help the chia to set and rehydrate the raisins so the dressing will blend smooth.

Note: If you are making the creamy version, steam your cauliflower now and set aside to cool or store overnight in the fridge.

1. Combine the chia seed mixture and the remaining ingredients in a blender and blend until smooth.
2. Store dressing in glass jars in the fridge. The basic version makes about ¾ of a cup. The creamy version makes 1 ½ cups of dressing.