

CHEF AJ’S BAREFOOT DRESSING

Chef AJ claims this dressing will knock your socks off. I totally agree. I make a big batch of it EVERY WEEK. It is absolutely delicious to the point that I crave my breakfast salad.

**Ingredients:**

* 1 ¼ cups balsamic vinegar
* ¼ cup unsweetened rice vinegar
* ¾ cup lime juice, add zest if using fresh
* 5 unsweetened pear halves (canned or jarred, in their own juice)
* 1 cup nutritional yeast
* ½ cup salt-free stoneground mustard (or your favorite low sodium Dijon mustard)
* ¼ cup of shallots (I use 1 shallot)
* 4 cloves of garlic
* ½ Tablespoon chia seeds dissolved in ½ cup of filtered water

**Method:**

1. Add the balsamic and rice vinegars, and lime juice to your blender. Use your measuring cup to add the water and chia. Let soak for a few minutes while you get your other ingredients together.
2. Add all the remaining ingredients including the chia slurry to the blender and blend until smooth. Store in glass jars and refrigerate.