

FAUX HONEY MUSTARD DRESSING

By Chef AJ

Here’s Chef AJ’s recipe for honey mustard dressing. I have adapted it from ounces to make it a little easier.

**Ingredients:**

* 1 head of cauliflower
* 4 pitted dates
* ½ cup of Dijon mustard (preferably sodium free)

**Method:**

This actually works better as a two-day process.

Day 1:

1. Break down the cauliflower into florets. Steam them for about 20 minutes and let cool completely. Store in a covered container in the fridge.
2. Pit and chop up the dates. Put them in a glass container with 1 cup of filtered water and let them soak overnight in the fridge.

Day 2:

1. Combine cauliflower, dates (with water) and mustard in a blender and blend until smooth.
2. Use immediately or transfer the dressing into a glass jar and store in the fridge.

**Notes:**

* This lasts about 4 days in the fridge so you want to use it up fast.
* This is super low in calories so feel free to add as much as you like to your potato salad, coleslaw and green salad.