

TOFU RANCH DRESSING/DIP

By Joel Fuhrman

This recipe makes a lovely fresh dip. I add a bit more water to turn it into a dressing. This is the perfect salad dressing for hot summer days.

Ingredients:

* 1 package silken tofu
* 3 dates, pitted
* 1 clove garlic, peeled
* ¼ cup green onion, chopped
* 3 Tbs. filtered water for dip (or) ¼ cup filtered water for dressing
* 2 Tbs. fresh lemon juice
* 1 ½ Tbs. dried Italian seasoning
* 1 Tbs. fresh parsley, chopped (or) 1 tsp. dried
* 1 Tbs. fresh dill, chopped (or) 1 tsp. dried
* 1 tsp. Bragg’s liquid aminos or low-sodium soy sauce
* 1 pinch cayenne pepper flakes (optional)

Method:

1. Blend all the ingredients in a high-powered blender or food processor until smooth and creamy.
2. Add water as needed to get the consistency you want.
3. Store in the refrigerator in an air-tight container for up to 5 days.

Notes:

1. You can soak the dates in the water or lemon juice beforehand for easier blending.
2. Use as a dressing, dip, spread or mayonnaise substitute in your favorite recipes.