

Balsamic Dressing Oil Free - Plantricious

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 1 $\frac{3}{4}$ cups

Ingredients	Quantity	Measure
Dates, Medjool, Pitted	$\frac{1}{4}$	cup
Water	$\frac{1}{4}$	cup
Balsamic Vinegar	1	cup
Tamari, Reduced Sodium or Soy Sauce, Reduced Sodium	3	Tablespoons
Mustard, Dijon	2	Tablespoons
Nutritional Yeast	$\frac{1}{4}$	cup
Italian Seasoning	1	Tablespoon
Garlic Powder	$\frac{1}{2}$	teaspoon

Preparation

1. Place all ingredients into a pitcher of a blender and blend. Scrape down sides as needed.

Nutrition Information

 *From USDA Nutrient Database

Calories: 618 Total Fat: 2.8g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 117g Fiber: 15g Total Sugar: 79g Protein: 29.6g Sodium:
3810mg Vitamin A: 4 μ g Vitamin C: 0mg Calcium: 119mg Iron: 5.7mg Folate: 19 μ g

