



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

Tangy Herb Salad Dressing

From Plant to Plate Cook book Diabetes Edition Tami Givens R.D.

INGREDIENTS:

- 1/2 cup cashews
 - 1/4 cup lemon juice
 - 1 tablespoon onion, chopped
 - 1 tablespoon pineapple concentrate 1/2 tablespoon salt
 - 1 teaspoon nutritional yeast flakes 1/2 cup water
 - 1/2 cup Mori-nu firm tofu
- Herbs -
- 3/4 teaspoon dried basil
 - 3/4 teaspoon dill weed
 - 3/4 teaspoon Italian seasoning 3/4 teaspoon marjoram
 - 3/4 teaspoon parsley
 - 3/4 teaspoon oregano leaves

DIRECTIONS:

1 Blend all ingredients except herbs until silky smooth. Add herbs and pulse to just mix together.



