Tofu Basil Dressing

Makes 16 Tbsp.

Ingredients

- ½ box of silken tofu
- 2 tbsp of cider vinegar
- 2 tbsp of apple of orange juice
- ½ tsp of dijon mustard
- 1 clove of garlic
- 2 tbsp of fresh basil
- 1 tsp each of dill basil and chives
- ½ tsp of salt

Directions

- Place all ingredients in a blender or a food processor and puree until smooth.
- Cover and refrigerate. Serve chilled. Will keep in refrigerator for about a week

Nutrients (approximately)

11 Calories per Tbsp,
Fat 0g, Cholesterol 0mg, Sodium 167mg, Carbohydrates 1g,
Fiber 0g, Protein 1.5g

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