

GO-TO GREEN CASHEW RANCH



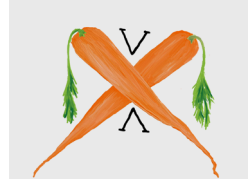
MAKES: 1.5 CUPS

PREP TIME: 2 HOURS + 5 MINS

BLEND TIME: 5 MINS

TOTAL TIME: 2 HRS + 10 MINS

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

1 cup raw cashews, soaked 2 hours or overnight, drained and rinsed
1 1/2 TBSP fresh lemon juice
2 tsp apple cider vinegar
1 tsp garlic powder
3/4 tsp sea salt
1/2 tsp fresh black pepper
1/4 cup fresh parsley, roughly chopped
1 tsp dried dill (or 1 TBSP fresh dill)
3 green onions, roughly chopped
1 medjool date, pitted and roughly chopped
1 TBSP nutritional yeast (optional)
1/2 - 3/4 cup filtered water

METHOD

Place all ingredients in a large food processor. Add 1/2 cup filtered water to start.

Blend and scrape the bowl as needed until a smooth texture is reached. Add more water to thin, if preferred.

Serve over kale or romaine as a salad dressing, use as a dip for veggies or crackers, use as a topping for my Tex-Mex casserole or BBQ rice bowl, etc.

NUTRITION

Serving Size: 2 TBSP Total Calories per serving: 60 Total Fat: 4 g

Sodium: 113 mg Potassium: 21 mg Carbohydrate: 4 g

Fiber: 1 g Sugar: 1 g Protein: 2 g