

Spicy Chipotle Dressing

Swick

Makes 1 cups | Active Time: 5 minutes | Total Time: 20 minutes

Step 1: Making the Dressing

- 1 cup unsweetened non-dairy milk, such as soy
- 1 tbsp chia seeds (or ground flax seeds)
- 3 sun-dried tomatoes (not packed in oil), or 2 tsp tomato paste
- 1 sm clove garlic
- 1 date, pitted (or sweetener of choice)
- 1 tsp miso paste
- 2 tbsp fresh lemon juice
- 1 tbsp apple cider vinegar
- 1/4 to 1/2 tsp chipotle powder
- 1/4 tsp ground cumin
- water, as needed

To make the dressing, pour the non-dairy milk into a high-speed blender and then add all of the remaining ingredients.

At this point, you can either let the ingredients sit in the blender for about 15 minutes to allow the chia seeds and sun-dried to soften and rehydrate or alternatively, the ingredients can be blended until smooth and then left to sit for about 15 minutes to thicken.

After about 15 minutes, check the dressing for thickness. If the mixture is too thick, for its intended purpose, add a bit more non-dairy milk or water.

The thickness will ultimately depend on whether or not the dressing is being used as a dip, a dressing and personal preference.

If stored properly, this dressing will keep for a few days in the refrigerator. The dressing even benefits from being refrigerated for a couple of hours before using it.

As with most recipes, once you have made this recipe, feel free to play around with the different amounts of the ingredients listed the next time you make it. For instance, for more of a tomato flavor, add more sun-dried tomatoes. For more spice, add more chipotle powder.