



Makes 2 cups
Preparation Time: 10 minutes

INGREDIENTS:

1 12-oz. package extra-firm
silken tofu

¼ cup brown rice syrup

¼ cup rice vinegar

2 tablespoons poppy seeds

1 tablespoon Dijon mustard

1 teaspoon onion powder

½ teaspoon sea salt

Creamy Poppy Seed Dressing

Silky, sweet, and tangy, this versatile poppy seed dressing is made with extra-firm **silken tofu**, delivering a luxuriously creamy finish that's perfect for drizzling over leafy salads or tossing with shredded cabbage for a standout **vegan coleslaw**. Dijon mustard and rice vinegar add just the right zing, and poppy seeds lend a hint of nuttiness and a pleasing crunch.

Gluten-free version: To make this gluten-free, use a gluten-free brand of Dijon mustard.

From *The Forks Over Knives Plan*

For more inspiration, check out these tasty ideas:

- [Creamy Cilantro-Garlic Dressing](#)
- [Raspberry Vinaigrette](#)
- [Curried Mango Ketchup](#)
- [Vegan Mayo](#)

By Del Sroufe

- 1 In a blender combine all ingredients. Cover and blend until smooth and creamy. Transfer to an airtight container and store in the refrigerator up to 7 days.