



Makes about ½ cup
Cook Time: 10 minutes

INGREDIENTS:

¼ cup unsweetened applesauce

1 teaspoon mild miso

¼ teaspoon ground cumin

⅛ teaspoon ground cinnamon

2 tablespoons apple cider vinegar

1 tablespoon balsamic vinegar

¾–1 teaspoon Dijon mustard

1 tablespoon pure maple syrup

¼ rounded teaspoon sea salt (or more)

Freshly ground black pepper

"Magical" Applesauce Vinaigrette

This salad dressing uses applesauce to emulsify the ingredients and produce a surprisingly thick vinaigrette that is virtually fat-free! Feel free to play with some of the seasonings if you'd like a bit less sweetness. This oil-free dressing goes great with richer fare, since its acidity and tang will cut through the heavier components. For instance, try it on a salad topped with avocado and nuts, or on a salad alongside a nut-based veggie burger or pasta sauce.

From **Plant-Powered Families**

By Dreena Burton

- 1 Place the applesauce, miso, cumin, cinnamon, apple cider vinegar, balsamic vinegar, mustard, maple syrup, and salt and pepper in an immersion blender with a deep cup, and blend until very smooth. If using a regular blender, you may need to double the batch for enough blending volume.
- 2 Taste and adjust the seasoning. Add another teaspoon or so of maple syrup if you would like the vinaigrette to be sweeter. If you'd like a thinner dressing, simply add a couple teaspoons of water and blend again.