



Makes 1 cup
Preparation Time: 10 minutes
Cook Time: 10 minutes

INGREDIENTS:

½ cup unsweetened applesauce

2 tablespoons [Date Paste](#)

2 tablespoons stone-ground
mustard

1 tablespoon lemon juice or
apple cider vinegar

Freshly ground black pepper, to
taste

Date-Sweetened Mustard Dressing

Looking for a vegan version of honey mustard? Try this quick recipe. Date paste adds just the right amount of sweetness without any added sugar.

By Darshana Thacker Wendel

- 1** In a blender combine the first four ingredients (through lemon juice) and ¼ cup water. Cover and blend until smooth. Season with pepper.
- 2** Chill, covered, until ready to serve.