



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

INGREDIENTS:

½ cup cooked or canned chickpeas, rinsed and drained

½ cup unsweetened plant milk

2 tablespoons lemon juice

1 tablespoon nutritional yeast

1 teaspoon yellow mustard

½ teaspoon dried Italian seasoning, crushed

Vegan Creamy Italian Dressing

This light and creamy dressing gets its fullness from canned chickpeas. Drizzle this vegan Italian dressing over salads or grain bowls.

By Darshana Thacker Wendel

- 1 In a blender, combine all of the ingredients. Cover and blend until smooth.
- 2 Chill, covered, until ready to serve.