

UC-VEG

Umpqua Community Veg Education Group

PO Box 89 | Umpqua, OR 97486 | 541-378-6359 | UmpquaCommunityVeg@gmail.com | ucveg.org

Tofu Ranch dressing

Ingredients:

- 1 ¼ C Soy milk
- 12 oz soft silken tofu
- 3T Lemon Juice
- 2T nutritional yeast flakes
- 1T onion powder
- 1 clove garlic
- 1T parsley
- 1 ½ t salt
- 1 t. dried basil
- 1 t. marjoram
- 1 t. summer savory
- ½ t. oregano
- ¼ t. thyme
- ½ large avocado or (can use ½ C olive oil)

Blend soy milk, tofu, avocado and seasoning in a blender until smooth. If using olive oil, drizzle in while blender is running. Pour into a glass storage jar and chill. Makes 4 Cups.

Extra Bonus: Cashew Dill Dressing

- ½ cup raw cashews, rinsed
- ¾ cup hot water
- 1T lemon juice
- ½ t. salt
- 2 t. onion powder
- 2 t. garlic powder
- 2 t. parsley
- ½ t. dill weed
- ¼ t. basil

Blend the cashews and water until smooth. Add the next four ingredients and continue blending until smooth. Add the herbs and blend briefly. Allow to cool before serving. Makes approximately 1 ½ Cups.

Recipe Credit to Vegan Homestyle by Kay Hansen