

Liquid Gold Dressing

Yield: 1 cup

Ingredients:

1 cup zucchini peeled and chopped (see note)
¼ cup lemon juice
2 tablespoons Nama Shoyu
1 teaspoon Dijon mustard
2 teaspoons ground flax
¼ cup nutritional yeast
1 clove garlic, crushed
½ teaspoon cumin

2 tablespoons flax seed oil

Directions:

Place all ingredients, except flax seed oil in a blender and blend until smooth. Add flax seed oil and blend again. This dressing will keep in the refrigerator in a glass jar for up to 5 days.

Notes:

- There is no need to peel the zucchini; lots of nutrients are in the peel of fruits and vegetables (another major reason to buy them organic). You only need to peel it if you'd like the dressing to be more yellow color than green. In addition, when peel is included for dressings, soups or sauces a bitter taste from the peel can often come through stronger so you will need to adjust for that in your final taste testing.
- Adding oil last when making dressings, soups or sauces allows for emulsifying more smoothly.