

Vegan Caesar Dressing

This is a nutritious dressing because of the celery and kelp. Celery is high in natural sodium which carry the electrolytes through you body. Kelp is high in iodine, good for your thyroid.

Yield: 1 cup

½ cup water

1 clove garlic chopped

2 medium stalks celery chopped

2 Tb lemon juice

3 Tb wheat free tamari

2 Tb yellow or white miso

1 Tb dulse flakes – gives it an “anchovy” taste (optional)

2 tsp raw honey or 10 drops of stevia

1 Tb nutritional yeast

Fresh ground black pepper to taste

½ cup cold pressed olive oil

- Add everything except olive oil to blender
- Blend until smooth.
- Add olive oil slowly in a stream while blender is running
- Toss with romaine, season with fresh pepper
- Dressing will keep in the refrigerator about 5 days