



Makes: 2 cups

Prep Time: 5 minutes

1 large carrot, peeled and finely chopped (1 cup)
¼ cup extra virgin olive oil
2 tablespoons filtered water
2 tablespoons rice wine vinegar
2½ teaspoons ume plum vinegar
2 tablespoons toasted sesame oil
2 tablespoons chopped fresh cilantro
½ shallot, minced (2 tablespoons)
1 tablespoon micro-grated peeled ginger
1 tablespoon nutritional yeast
¼ teaspoon black pepper

Carrot Ginger Dressing

Making your own dressing at home is an easy way to make a big impact on your diet. This beautiful orange dressing comes together in just a few minutes and is packed with flavor as well as nutrients like beta-carotene and monounsaturated fats. Use on a variety of salads, roasted veggies, and even protein dishes.

1. Combine all ingredients in a high-speed blender and blend well until smooth and creamy. Store, refrigerated, in a glass jar for up to 1 week.