



Chef Nancy's No-Oil Vinaigrette Dressing

Ingredients:

- 1/4 cup Apple Cider Vinegar
- 1/4 Cup cooking wine or sherry
- 1/2 tsp. Dijon mustard
- 1/2 tsp. soy sauce
- 1 tsp. maple syrup
- 1 tsp. minced garlic
- 1/2 T. nutritional yeast
- 2 T. soy milk (for creamy texture)
- 1 T. chia seeds (for thickness)

Directions:

Blend all ingredients together in a high-speed blender and refrigerate.

The Chia seeds will thicken the dressing.

Add a little water at a time to your desired dressing consistency.