

Oil-free French Dressing

Ingredients:

1 tbsp ground chia seeds
½ cup water
¼ cup balsamic vinegar
¼ cup lemon juice
1 tbsp Dijon mustard
1 garlic clove
4 Medjool dates, pitted
½ tsp dried parsley
½ tsp dried oregano
½ tsp dried basil

Method:

Combine all ingredients in a high-speed blender at top speed for 40 seconds, or until completely blended.

If desired, let stand for 1 hour to thicken.