

# Creamy Poppy Seed Dressing

Source: Dr. Neal Barnard's Program for Reversing Diabetes by Neal Barnard, MD;  
recipe by Bryanna Clark Grogan

This quick and easy dressing is very low in fat. With just the right amount of sweetness, it's great on fruit salads and spinach salads.

## About the Recipe

**61 Calories · 2.6 g Protein · 0.4 g Fiber**  
**Sauce/Dressing/Topping**

## Ingredients

### *Makes Servings*

- 8 ounces reduced-fat firm or extra-firm silken tofu, crumbled
- 6 ounces frozen apple juice concentrate, thawed
- 6 tbsp. reduced-fat soy milk
- 3 tbsp. cider vinegar
- 1 tbsp. poppy seeds
- 1 1/2 tbsp. chopped onion
- 1 1/2 tbsp. dijon mustard
- 3/4 tsp. salt

## Directions

1. Place tofu, juice concentrate, soy milk, vinegar, poppy seeds, onion, mustard, and salt in a blender and process until smooth.&nbsp;
2. Transfer to a jar and refrigerate. Shake before serving.

## Nutrition Facts

*Per 1/4 cup*

**Calories:** 61

**Fat:** 1.1 g

**Saturated Fat:** 0.1 g

**Calories from Fat:** 16.5%

**Cholesterol:** 0 mg

**Protein:** 2.6 g

**Carbohydrates:** 10.2 g

**Sugar:** 8.1 g

**Fiber:** 0.4 g

**Sodium:** 330 mg

**Calcium:** 47 mg

**Iron:** 0.7 mg

**Vitamin C:** 0.9 mg

**Beta-Carotene:** 13 mcg

**Vitamin E:** 0.1 mg