

Creamy Cucumber Ranch Dressing

Prep Time: 10 minutes

Cook Time: 0 minutes

Total Time: 10 minutes

Servings: 4

Serving Size: About 3 tablespoons

Ingredients:

$\frac{3}{4}$ cup raw, unsalted cashews
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{2}$ teaspoon onion powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
2 teaspoons fresh parsley or 1 teaspoon dried parsley
1 heaping teaspoon fresh dill or $\frac{1}{2}$ teaspoon dried
1 tablespoon apple cider vinegar
1 teaspoon fresh lemon juice
 $\frac{3}{4}$ cup peeled and diced cucumber (I leave about $\frac{1}{2}$ the peel on mine for a little color and extra Vitamins!)
2 -4 tablespoons filtered water

Directions:

1. Place raw cashews into a blender or food processor and blend until you get a coarse flour like consistency.
2. Add the remaining ingredients in the order listed, through cucumber, and only 2 tablespoons water and blend for 30 seconds to 1 minute depending on your machine.
3. Give it a stir, the consistency should be much like ranch dressing with some small cucumber chunks. If it is still too thick, add 1 tablespoon water at a time until desired consistency is reached.
4. Serve immediately or refrigerate for up to 3 days*.

Tips and Tricks:

This tastes great over your favorite salad greens or use it as a dip for sweet potato chips, buffalo chicken wings, or whatever else you would dip regular ranch in.

*After refrigeration, this dressing may thicken. Just stir in a tablespoon water if needed.

Nutritional Information Per Serving:

Calories: 142.9
Fat: 10.6 g
Cholesterol: 0.0 mg
Sodium: 295.7 mg
Total Carbohydrate: 8.6 g
Dietary Fiber: 1.1 g
Sugars: 2.2 g
Protein: 4.1 g