

SAUCES – FALL (MORE) IN LOVE WITH VEGETABLES

JULIEANNA HEAVER, THE PLANT-BASED DIETITIAN



HEMPSEED RANCH DRESSING

Yield: 1 cup

This fresh version of ranch dressing features plenty of herbs and exquisite nutrition, with omega-3s in the hempseeds, phytonutrients in the greens, and a hint of acid to help your body absorb the minerals from the dressing itself and any greens you serve with it.

Ingredients

- 1/2 cup hempseeds
- 2 tablespoons nutritional yeast
- 2 tablespoons fresh dill
- 2 tablespoons fresh chives
- 1 tablespoon fresh Italian parsley
- 2 1/2 teaspoons apple cider vinegar
- 1 1/2 teaspoons fresh lemon juice
- 1 teaspoon Worcestershire sauce
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1/2 cup plant milk

Instructions

1. In a blender, add all ingredients and blend until smooth.
2. Serve immediately or store in an airtight container in the refrigerator for up to 5 days.

NACHO SQUASH SAUCE

Yield: 4 cups

A play on cashew quest with some extra-spicy pizzazz! The starch from the potato adds gooey-gooey texture, and the squash provides a vibrant color (plus those crucial carotenoids). Enjoy over steamed veggies or a baked potato.

Ingredients

- 1 medium cooked Yukon gold potato
- 2 cups cooked butternut squash
- 1 (4-ounce) can green chiles
- 1/2 cup raw cashews
- 1/2 cup nutritional yeast
- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon low-sodium tamari
- 1 tablespoon chili powder
- 1 teaspoon ground chipotle powder
- 1/2 teaspoon cayenne pepper
- 2 cups unsweetened, plain plant milk

Instructions

1. In a blender, combine squash, potato, chiles, cashews, nutritional yeast, lemon juice, tamari, chili powder, chipotle powder, cayenne, and plant milk. Blend on high until smooth.
2. Serve immediately as dip or sauce or store in an airtight container in the refrigerator for up to 5 days.



*Let the journey
continue!*

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CARROT-GINGER DRESSING

Yield: 3.5 cups

This fresh version of ranch dressing features plenty of herbs and exquisite nutrition, with omega-3s in the hempseeds, phytonutrients in the greens, and a hint of acid to help your body absorb the minerals from the dressing itself and any greens you serve with it.

Ingredients

- 2 cups carrot, sliced
- 1 stick (~¼ cup) celery, chopped
- 1/4 cup apple, chopped
- 1/4 cup orange, peeled and chopped
- 1 small shallot (~¼ cup), chopped
- 1 tablespoon tahini
- 1 tablespoon minced ginger
- 1 tablespoon tamari
- 1/2 tablespoon miso paste
- 1/4 cup rice wine vinegar
- 1/4 cup plant milk
- 1/2 teaspoon ground black pepper, or more to taste

Instructions

1. In a high-powered blender, place carrot, celery, apple, orange, shallot, tahini, ginger, tamari, miso paste, rice wine vinegar, plant milk, and ground black pepper and blend until smooth.
2. Serve immediately or store in an airtight container in the refrigerator for up to 5 days.

BALSAMIC TAHINI DRESSING

Yield: ½ cup

A play on cashew quest with some extra-spicy pizzazz! The starch from the potato adds gooey-gooey texture, and the squash provides a vibrant color (plus those crucial carotenoids). Enjoy over steamed veggies or a baked potato.

Ingredients

- 4 tablespoons balsamic glaze
- 2 tablespoons tahini
- 1 teaspoon minced ginger
- 1 teaspoon minced garlic
- 3-4 tablespoons water to thin, as desired

Instructions

1. In a medium bowl, whisk together balsamic glaze, tahini, ginger, garlic, and water until well-combined.
2. Serve immediately or store in an airtight container in the refrigerator for up to 5 days.

SPICY PEANUT DIPPING SAUCE

Yield: ¾ cup

Ingredients

- 1/4 cup peanuts-only peanut butter
- 2 tablespoons rice wine vinegar
- 2 tablespoons lime or lemon juice
- 2 teaspoons minced ginger
- 1-2 tablespoons sriracha or other hot sauce
- 1 teaspoon low-sodium tamari
- 1 teaspoon maple syrup
- 1-2 tablespoons water, to desired consistency

Instructions

1. In a blender, add peanut butter, rice wine vinegar, lime juice, minced ginger, sriracha, tamari, maple syrup, and water and blend until smooth.
2. Serve immediately or store in an airtight container in the refrigerator for up to 5 days