

Coconut Ranch Dressing

8 SERVINGS 5 MINUTES

INGREDIENTS

1 cup Organic Coconut Milk (canned, full-fat, refrigerated overnight)
1/4 cup Avocado Oil
2 tbsps Apple Cider Vinegar
1 tbsp Dried Chives
1/2 tsp Onion Powder
1 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	117	Calcium	2mg
Fat	12g	Iron	0mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Thiamine	0mg
Monounsa...	5g	Riboflavin	0mg
Carbs	1g	Niacin	0mg
Fiber	0g	Vitamin B6	0mg
Sugar	1g	Folate	0µg
Protein	0g	Vitamin B12	0µg
Cholesterol	0mg	Phosphoro...	1mg
Sodium	303mg	Magnesium	0mg
Potassium	48mg	Zinc	0mg
Vitamin A	17IU	Selenium	0µg
Vitamin C	0mg		

DIRECTIONS

01 Add all ingredients to a jar and shake until well combined. Refrigerate until ready to serve.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days.

SERVING SIZE

One serving is equal to approximately 2.5 tablespoons of dressing.

MORE FLAVOR

Use fresh herbs instead of dried.

NO COCONUT MILK

Use coconut yogurt, sour cream, Greek yogurt, mayonnaise or buttermilk instead.

