dreenaburton.com

MAPLE-CHIPOTLE CHICKPEA DRESSING





This dressing is oil-free, nut-free, and gluten-free. It does contain some tahini (made from sesame seeds). Dreena Burton says: "I especially love it over steamed kale or collards along with hot quinoa and a mix of seasonal veggies."

1/2 cup cooked chickpeas
2 tbsp freshly squeezed lime juice
1/2 - 1 tbsp tahini (adjust to taste, 1 tbsp will give a richer, fuller flavor)
1/4 tsp garlic powder
3/4 tsp sea salt
2½ tbsp pure maple syrup
1½ tsp Dijon mustard
1 tsp chipotle hot sauce (such as Tabasco brand; can use more if desired!)
1/4 cup water or more to thin as desired
2-3 tbsp cilantro, chopped (optional)

In a blender (I use the Blendtec twister jar), add all ingredients except the cilantro. Purée until very smooth (this will take less than a minute in a high speed blender, may take several minutes in a standard blender). Taste, and adjust with additional lime juice, sweetener, or salt as desired. If using the cilantro, stir through. For a thinner dressing, add a touch more water and stir through. Serve! Makes about 3/4 - 1 cup dressing.

DreenaBurton.com is, of course, the website of Dreena Burton, a plant-based recipe creator who has authored six cookbooks, including, most recently, *Dreena's Kind Kitchen* (2021). She also provided the recipes for *Dr. Neal Barnard's Cookbook for Reversing Diabetes* and his book *The Cheese Trap*. Dreena's first cookbook was published in 2001.

According to the website: "She began her plant-kind life over 25 years ago, and has raised three daughters from birth on a plant-based diet." Dreena Burton is also trained in yoga and traditional Chinese medicine.

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