

## Oil-Free Creamy Italian



Prep time

10 mins

Total time

10 mins

Transform your greens and vegetables with this bright, fresh, aromatic oil-free salad dressing without all the calorie dense oil

Serves:  $\frac{3}{4}$  cup

Ingredients

- $\frac{3}{4}$  cup cooked white beans, drained and rinsed (if using canned)
- $\frac{1}{4}$  cup water (or more)
- 2 tablespoons fresh lemon juice
- 1 garlic clove, chopped
- $1\frac{1}{2}$  tablespoons shallots, chopped
- $\frac{1}{2}$  teaspoon dried oregano
- 1 tablespoon maple syrup
- $\frac{1}{4}$  teaspoon salt (or more to taste)
- 1 tablespoon fresh parsley, chopped (or more to taste)
- Fresh ground black pepper

Instructions

1. Place all the ingredients in a blender or food processor. Process until smooth. Taste and adjust seasonings adding a little more parsley or water if needed.

\*<https://ordinaryvegan.net/top-5-oil-free-salad-dressing/>