

## Oil-Free Lemon Poppy Seed Salad Dressing



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

- $\frac{1}{2}$  cup fresh lemon juice
- 1 clove garlic, chopped
- $\frac{1}{2}$ -inch knob of ginger, peeled and chopped
- $1\frac{1}{2}$  tablespoons maple syrup
- 1 tablespoon Dijon mustard
- $\frac{1}{4}$  teaspoon salt (or more to taste)
- Fresh ground black Pepper
- 6 tablespoons water (or more if needed)
- 1 tablespoon poppy seeds

Instructions

1. Add all the ingredients except for the poppy seeds into a food processor or blender. Process until smooth. Taste - adjust seasonings and add more water if too tart. Add poppy seeds.

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

