

Oil-Free Red Pepper and Cilantro Dressing

Source: Kimberly Snyder, C.N., [The Beauty Detox Solution](#)

Category: Vegan Salads & Dressings

Prep Time: 10 min Cook Time: 0 min Total Time: 10 min

Makes about 1 cup

Gluten Free | Refined Sugar Free | Oil-Free

Contains nightshades

Ingredients:

- 1/2 red bell pepper, seeded, cored and finely chopped
- 3/4 cup fresh cilantro, chopped
- 1 small tomato, cored and chopped
- 1 garlic clove, minced
- 1 1/2 Tbsp. fresh lemon juice
- 1/2 tsp. pink Himalayan salt
- 1/4 tsp. black pepper
- 1/2 tsp. organic, unpasteurized miso paste
- 1 tsp. raw apple cider vinegar

Instructions:

1. Prepare the ingredients.
2. Place all the ingredients into a blender and blend until smooth.

Notes:

Store in an airtight container in refrigerator for up to 2 days.

You can add a bit more miso paste to make the dressing smoother.

Equipment needed:

Blender

Serving suggestion:

Serve on top of a green salad or as a dip.



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Recipe Link:

<https://www.betterveganrecipes.com/oil-free-red-pepper-cilantro-dressi>