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Plant Strong Dressing (FP or S)

"Pearl's Plant Strong Dressing" is here!!!! This recipe was shared on Episode 186 of the Trim Healthy Podcast... "A Hot Tomato Changes Everything!" Pearl's "Hot Tomato Salad" and this dressing is a winning combination but using this dressing on any salad is sure to be amazing!!! Enjoy!!

Serving Size: Single-serve

INGREDIENTS:

- 1 tsp nut butter (use 1 full Tbsp for an S; Pearl uses almond butter)
- 2 Tbsp water (divided)
- 1 Tbsp THM Nutritional Yeast
- Bragg's liquid aminos (to taste, but do be generous)
- cayenne pepper (to taste)
- optional: THM Super Sweet Blend (sprinkling of an on-plan sweetener to taste)

INSTRUCTIONS:

1. Using a fork, whisk together the nut butter of your choice and 1 Tbsp of the water in a small jar or glass.
2. Next add the nutritional yeast, whisk again and then add the other tablespoon of water and keep whisking.
3. Add a couple generous squirts of Bragg's Liquid Amino's and a small sprinkle of cayenne pepper, then stir and pour all over your "Hot Tomato Salad" or your favorite salad of choice!!

Recipe Notes:

"Hot Tomato Salad" & "Pearl's Plant Strong" Salad Dressing was featured on Episode 186 of the Trim Healthy Podcast...aka "The Poddy"!

Fuel Variations:

For a Fuel Pull Dressing: Keep to 1 teaspoon of nut butter.

For an S Dressing: Use 1 Tablespoon of nut butter.

This and other delicious THM recipes can be found at
www.TrimHealthyMembership.com