

Trim Healthy
W I S D O M

Plant Strong Dressing (FP or S)

(Depending upon the nut butter amount)

The following is an easy, tasty dressing that uses nutritional yeast and either defatted peanut flour or optimized plant protein to help you reach or even surpass your protein nerd protein goals. It will take you to 25 grams of protein in a low-meat meal (Protein Option 1 for Wizzy E Meals) without taking you too high in density. It was created for the Hot Tomato Salad recipe, but it lends itself to enhancing so many meals! It is excellent over salads, brown or black rice, meats, veggies, noodles . . . anything!!!!

Single Serve Recipe

INGREDIENTS:

- 1 tsp – 1 Tbs nut butter of choice
- 1 - 2 Tbs [TH Nutritional Yeast](#)
- 1 – 2 Tbs [TH Defatted Peanut Flour](#)
(or 1 – 2 Tbs [TH Optimized Plant Protein Powder](#))
- 1 generous squirt or two Bragg Liquid Aminos (or 2 generous pinches [TH Mineral Salt](#))
- water (enough for dressing consistency; divided)
- ¼ tsp [TH Super Sweet Blend](#) or 1 tsp [TH Gentle Sweet](#) (optional)
- light sprinkle cayenne pepper (optional)



INSTRUCTIONS:

1. In a small cup or bowl, whisk nut butter with 1 tablespoon of water using a fork or small whisk. (Use 1 teaspoon of nut butter if keeping to FP mode, or use a full tablespoon if desiring an S.) Whisk until there are no more clumps.
2. Add all other dry ingredients and 1 more tablespoon of water. Whisk well again. If the mixture is still too thick, add more water until you achieve the desired consistency.