



# Creamy Italian Dressing

by *BHHEC Staff*

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1. Place in blender and blend well:
  - 1 cup raw cashews
  - 1¼ tsp. salt
  - 1 Tbsp. pineapple juice concentrate
  - 1¼ cup water
  - 1 Tbsp. potato flour (scant)
  - 1 Tbsp. chopped onion
  - ¼ cup lemon juice
  - ½ tsp. paprika
  
2. Then add:
  - ½ tsp. thyme
  - 1½ tsp. Italian seasoning
  
3. Stir in.
  
4. Chill several hours before serving.