



Recipe Details

Recipe Name - Buffalo Ranch Chickpea Salad

Recipe Steps -

Ingredients

For the Mayonnaise

- 1/2 cup raw sunflower seed
- 1/3 cup + 3 Tbsp water
- juice of 1 lemon
- 1 tsp garlic powder or 1 garlic clove
- 1 Tbsp Dijon mustard
- 1 tsp miso

For chickpea salad

- 2 (15.5 oz) cans chickpeas, drained and rinsed
- 3 Tbsp raw tahini
- 1/4 cup hot sauce (Franks or any brand you enjoy)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 1/2 Tbsp dried chives
- 2 stalks celery, diced
- 1/2 medium sweet onion, diced
- Pepper to taste
- 2 tsp tamari (if not salt-free, use 2 pinches of salt)

Instructions

1. Place all mayonnaise ingredients in a bullet or a blender, blend until creamy, set aside
2. Drain and rinse chickpeas, using a potato masher or a fork, mash some of the chickpeas, but be careful not to mash everything
3. Add remaining chickpea salad ingredients, as well as mayonnaise, incorporate well
4. Enjoy!

