

SIMPLE & SATISFYING SALAD DRESSINGS

Never eat a boring salad again! These simple and satisfying dressings will add bright, bold and delicious flavors with whole food ingredients. Not only for salads, feel free to drizzle these dressings on grain bowls and roasted veggies or use them as dips; and as a nourishing bonus, learn a basic hummus recipe to have on hand, to make an instant dressing and have as a dip or spread. Blend all ingredients in a high-powered blender or food processor until nice and creamy.

Lemon Tahini Dressing

(serves 2-4)

- ¼ cup tahini
- 2 to 4 tbsp water
- 2 to 3 tbsp lemon juice
- 1 garlic clove, minced
- 1 tbsp maple syrup
- ¼ tsp salt

Lemon Tahini Dressing

(serves 4-6)

- ½ cup tahini
- 4- 6 tbsp water
- Juice of 1 lemon
- 2 garlic cloves, minced
- 2 tbsp maple syrup
- ½ teaspoon salt (optional)



Peanut Sauce or Dressing

(serves 2-4)

- ¼ cup natural peanut butter
- 1-2 tbsp gluten-free tamari
- 1 tbsp maple syrup
- 1 tbsp lime juice
- ¼ tsp cayenne (optional)
- Water to thin

Peanut Sauce or Dressing

(serves 4-6)

- ½ cup natural peanut butter
- 3-4 tbsp gluten-free tamari
- 2 tbsp maple syrup
- 2 tsps lime juice
- ½ teaspoon cayenne (optional)
- Water to thin



Fresh Raspberry Dressing

(serves 2-4)

- ½ cup raspberries, mashed or pureed
- ½ tsp Dijon mustard
- 2 tsp balsamic vinegar
- ½ tsp maple syrup
- Salt and pepper to taste

Fresh Raspberry Dressing

(serves 4-6)

- 1 cup raspberries, mashed or pureed
- 1 teaspoon Dijon mustard
- 4 teaspoons balsamic vinegar
- 1 teaspoon maple syrup
- Salt and pepper to taste



Balsamic Dressing

(serves 2-4)

- ¼ cup Balsamic vinegar
- 2 tbsp Dijon mustard
- 2 tbsp nutritional yeast
- 1 tsp maple syrup, optional
- ¼ cup water + more to taste
- 1 ½ tsp dried basil or oregano (optional)

Balsamic Dressing

(serves 4-6)

- 6 tablespoons balsamic vinegar (a bit more than 1/3 cup)
- 4 tablespoons Dijon mustard (¼ cup)
- 2 tablespoons maple syrup
- More water to taste (optional)



Simple Hummus Dressing

(serves 2-4)

- ¼ cup hummus
- Juice of ½ lemon or ~1 tablespoon
- ½ teaspoon garlic powder
- 1 tablespoon maple syrup or honey
- Water to thin

Simple Hummus Dressing

(serves 4-6)

- ½ cup chickpeas
- Juice of 1 small lemon or ~2 tablespoons
- 1 tablespoon + 1 teaspoon tahini
- 1 ¼ teaspoon garlic powder
- 2 tablespoons maple syrup or honey
- Salt, pepper and paprika to taste
- Water to thin



Cashew Ranch Dressing

- ½ cup raw cashews, soak for 1-hour if you don't have a high speed blender
- ½ cup water
- ½ tbsp lemon juice
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp dried dill or 1 tbsp fresh dill
- ¼ tsp salt, optional

Cashew Ranch Dressing

- 1 cup raw cashews, soak for 1-hour if you don't have a high-speed blender
- 1 cup water
- 1 tablespoon lemon juice
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon dried dill or 1 tablespoon fresh dill
- ½ teaspoon salt (optional)

