



SALAD DRESSINGS

Sweet Summer Dressing (compliments from Osha Key)

½ cup sundried tomatoes (don't use ones soaked in oil)
½ cup fresh basil leaves
2 fresh tomatoes
Juice from 1 orange
1 clove of garlic, minced
1 medjool date
Pinch of salt (optional)
Ground pepper to taste

Soak sundried tomatoes in freshly squeezed orange juice for at least 1 hour or overnight in the fridge.
Place all ingredients in a blender and blend until smooth.

Passionfruit Dressing (too simple, it's crazy)

Equal parts fresh passionfruit pulp to extra virgin olive oil (or you could use coconut oil)

Seeded Mustard Salad Dressing

1 tablespoon extra virgin olive oil or coconut oil
1 teaspoon seeded mustard
Juice from 1 lemon
1 tablespoon natural yoghurt
Stevia (to taste, if you want a little sweeter)

Place all ingredients in a jar, screw the lid on – shake away!
With this one, I tend to taste and then add more of ingredients to my liking.

Green Gold Dressing

¼ cup tahini
¼ cup extra virgin olive oil
1 tablespoon + 1 teaspoon Nama Shoyu (or could use Tamari)
1 teaspoon white miso paste
2 tablespoons lemon juice
1 teaspoon toasted sesame oil
2 tablespoons raw and unfiltered apple cider vinegar (such as Bragg's or Eden Organic)
1 cup parsley
½ cup drill
½ cup water
1 clove garlic (optional)
1-2 green onions, chopped

Place all ingredients into a blender or food processor, and blend until smooth.

This is not only great for a salad dressing, can use like you would mayonnaise (on a sandwich or wrap). Or even great with veggie sticks for a snack!

Asian Miso Dressing:

1 inch ginger (size of thumb)
1 cup extra virgin olive oil or flax oil
2 teaspoons toasted sesame oil
Juice from 1 lime
4 tablespoon white miso paste
6 Medjool dates or ¼ cup maple syrup
2 tablespoons nama shoyu (or could use Tamari)
1/3 cup water

Place all ingredients into a blender or food processor, and blend until creamy and emulsified.

This is fantastic served over **raw zuchinni noodles:**

1 large or 2 small zucchinis, spiralized or sliced with a vegetable peeler
½ red capsicum, sliced into matchsticks
½ carrot, sliced into matchsticks
¼ large or ½ small cucumber, grated or peeled into long strips
Shallots to garnish
*Could also add in some snow peas, shitake mushrooms, mung beans or baby corn

Just prepare all veggies as above – toss with ¼ cup of the Asian Miso Dressing – and sprinkle shallots on last.

Herb Summer Dressing

Fresh basil
Fresh mint
Fresh coriander
1/3 red capsicum
Clove of garlic
1-2 tablespoons apple cider vinegar
Agave syrup/nectar to taste (I prefer to use stevia)
2-3 tablespoons extra virgin olive oil
Juice of 2-3 oranges

Finely chop basil, mint and coriander, red capsicum and garlic – please into a large glass jar.

Add apple cider vinegar, extra virgin olive oil, orange juice and agave nectar or stevia to taste – give it all a good shake.

Best to place in fridge for a few hours and really let the flavours come through.

Berry Dressing

½ cups blueberries, raspberries or strawberries (or a combination)
¼ cup orange juice
½ tablespoon lemon juice
2 tablespoons extra virgin olive oil
Salt (sea salt is best) and ground pepper to taste

Place all ingredients into a blender or food processor until smooth.

Happy Salad Days!!!