

## **Salad dressings**

Suggested ingredients:

Extra virgin olive oil  
Flaxseed oil  
Sesame oil  
Tamari sauce or good quality soya sauce  
Lemons  
Apple cider vinegar  
Mustard (Dijon)  
Rock/ Sea salt (Celtic or Himalayan)  
Black or cayenne pepper  
Other spices: turmeric, curry powder, etc.  
Fresh or dried herbs: basil, parsley, chives, oregano, etc.  
Plain organic yogurt

### **Quick salad dressing**

1 tbsp lemon or apple cider vinegar  
1 tbsp extra virgin olive oil  
1 minced garlic clove - optional  
1 tbsp chopped parsley  
sea salt and pepper to taste

\*You can add 1-2 tsp water for a lighter taste.

Put all the ingredients in a blender and mix well.

### **Oriental salad dressing**

1 tbsp sesame oil  
1 tbsp soy sauce or tamari (healthier option)  
1 tbsp lemon  
1 tbsp minced ginger  
½ turmeric  
sea salt and pepper for taste

Put all the ingredients in a blender and mix well.

### **Mediterranean Salad Dressing**

2 tbsp extra virgin olive oil  
1tbs balsamic vinegar  
1 tbsp minced garlic  
1 tbsp fresh oregano or ½ tsp dried

1 tbsp fresh thyme or ½ tsp dried  
1 tsp Dijon mustard  
sea salt and pepper for taste

Put all the ingredients in a blender and mix well.

#### Fresh Herbs

2 tbsp fresh chopped herbs, such as parsley, basil, tarragon, chives, oregano  
1 tbsp minced garlic  
1 tbsp minced shallots  
2 tbsp lemon juice/ apple cider vinegar  
1 tbsp Dijon mustard  
1 tbsp flaxseed oil  
pinch of sea salt and pepper

Put all ingredients in a blender and mix well.

#### Far East Salad dressing

4 tbsp organic plain yogurt  
2 tbsp minced onion  
1 clove minced garlic  
½ tsp cumin  
¼ tsp cayenne pepper  
sea salt and pepper for taste

Put all ingredients in a blender and mix well.

For more salad dressing recipes please refer to the "Spreads, Pates, Dips and Butters" document in Session 1, where you will find: Tomato Sauce, Pesto, Tahini Sauce, Egg-free mayonnaise, and to the Salad Bar document, which has another version of egg- free mayonnaise and the Classic Salad Dressing.