

Salad Dressings

Goddess Dressing

(Annie's Naturals brand)

This is my kids' favorite dressing; they call it cheese dressing because it is creamy and cheesy tasting.

Blend on high until creamy:

2 C olive oil
2 C water
½ C tahini
2/3 raw apple cider vinegar
½ C fresh lemon juice

1/2 C Braggs liquid aminos or nama shoyu (raw soy sauce)
1 tsp sea salt
4 cloves garlic
3/4 C soaked cashews to thicken it or any thickener of choice (ultra gel, etc.)

Add and blend on low until just mixed:

2 TBSP sesame seeds
2 TBSP parsley
2 TBSP chives

Balsamic Vinaigrette

½ c balsamic vinegar
1 clove garlic
1 C olive oil
3 Tbsp honey

3 Tbsp Dijon mustard (or 3/4 tsp mustard powder)
2 pinches salt
1 dash pepper
½ c apple juice

Carrot Dressing (oil free)

Blend following til smooth:

1 c water
1 c cashews
2 carrots
¼ c a.c. vinegar

½ lemon juiced
1 tsp sea salt
1 tsp basil
1 tsp mustard powder

Favorite Italian Dressing:

½ c olive oil
½ c water
½ c honey

½ c raw apple cider vinegar
½ tsp Italian seasoning
1 tsp sea salt

Honey Mustard Dressing

2 C extra virgin olive oil
1 C honey
1 C water
1 C dijon mustard or 2 tsp mustard powder

1/2 C raw apple cider vinegar (or regular apple cider vinegar)
4 medium clove of garlic
2 tsp sea salt

Italian Salad Dressing

½ c olive oil
2/3 c water
1/4 c red wine vinegar
¼ c balsamic vinegar

½ tsp. powdered oregano (1 tsp. dried, 2 tsp. fresh)
1 tsp. sea salt
2 cloves garlic pressed
2 Tbsp honey

Lemon vinaigrette

¼ cup fresh lemon juice
1/8 c a.c. vinegar
1 c virgin olive oil
2 tsp sea salt

½ c water
¼ tsp powdered oregano
2 cloves garlic pressed
2 Tbsp agave or honey

Ranch Dressing Packet

3/4 C dry minced parsley flakes
1/4 C dry minced onion
1 Tbl dry dillweed
2 Tbl onion salt

2 Tbl garlic salt
2 Tbl onion powder
2 Tbl garlic powder
1 Tbl salt

Sweetener optional-just a touch -sometimes it brings the flavor out more if the liquid is not already sweet.

You can blend all the ingredients or just mix them. I like them mixed best (it's not so strong). Mix one teaspoon (or to taste) of this mixture in two cups of liquid and add thickener. You could use almond milk with ultra gel. I just wanted a ranch dressing packet with out the MSG. It does cake together if you don't use it for a while but I just break it apart.

Sweet Balsamic Dressing (my kids call it Chocolate dressing)

1/2 c Balsamic Vinegar
1 smaller clove of garlic
3/4 c Olive oil

3 Tab Honey
3 Tab Dijon mustard (can sub for dry)
1/2 c apple juice or half a peeled apple

Put all ingredients in the blender and viola! This is super delicious and my family has yet to tire of it, a classic I would say. It is great served on greens with feta cheese, walnuts, and fruit (pears, apples, cranberries, etc.). Enjoy.

Taco Salad Dressing

Make dressing separately, and add desired amount just before serving

1c water
1c raw apple cider vinegar
¾ c olive oil
1/3 c agave or honey
1 tsp. sea salt

2 cloves fresh garlic pressed
1 tsp. chili powder
1 tsp. cumin
¼ tsp. oregano (dry powdered)