

## SIX HEALTHY HOMEMADE

# Salad Dressings

### APPLE CIDER VINEGAR DRESSING:

- 1 cup olive oil
  - 1/2 cup apple cider vinegar
  - 1/2 Tbsp dijon mustard
  - 1 garlic clove, minced
  - Salt and pepper, to taste
- \* Combine all ingredients together in a mason jar Seal the lid and shake up to mix. Store in the fridge for up to two weeks. Re-shake the jar before using it again.
- \* Use this dressing for any salads, as a marinade for grilled chicken, as a topping for fruit salad.

### CLASSIC BALSAMIC DRESSING:

- 1/2 cup balsamic vinegar
  - 1/4 cup olive oil
  - 2 tsp maple syrup
  - 1 tsp dijon mustard
  - 1 garlic clove, minced
  - Salt and pepper, to taste
- \* Combine all ingredients together in a mason jar Seal the lid and shake up to mix. Store in the fridge for up to two weeks. Re-shake the jar before using it again.
- \* Use this dressing for salads, marinades. Drizzle on roasted veggies. Dip fresh bread into it for an appetizer.

### CREAMY AVOCADO DRESSING:

- 1 ripe avocado
  - 1/2 cup water
  - 1/2 cup chopped cilantro or parsley
  - 4 Tbsp olive oil
  - 2 fresh limes, juiced - about 4 Tbsp
  - 1 garlic clove, minced
  - Salt and pepper, to taste
- \* Add ingredients to a blender and blend until smooth. Pour into a mason jar and seal the lid and shake up to mix. Store in the fridge for up to two weeks. Re-shake the jar before using it again.
- \* Use this dressing for salads, and marinades. Drizzle on roasted veggies. Mix with quinoa or rice bowls.

### HONEY MUSTARD DRESSING:

- 1 cup olive oil
  - 1/2 fresh lemon, juiced
  - 1 Tbsp apple cider vinegar
  - 2 Tbsp honey
  - 2 Tbsp dijon mustard
  - Salt and pepper, to taste
- \* Combine all ingredients together in a mason jar Seal the lid and shake up to mix. Store in the fridge for up to two weeks. Re-shake the jar before using it again.
- \* Use this dressing for salads, marinades, to dip your chicken nuggets or fries in.

### SEED BUTTER DRESSING:

- 1/2 cup seed butter or nut butter
  - 3 Tbsp tamari sauce or soy sauce
  - 2 Tbsp maple syrup
  - 1 Tbsp apple cider vinegar
  - 2 Tbsp water
  - 1/2 Tbsp freshly grated ginger
  - 1 garlic clove, minced
- \* Combine all ingredients together in a mason jar Seal the lid and shake up to mix. Store in the fridge for up to two weeks. Re-shake the jar before using it again.
- \* Use this dressing for salads, marinades. Mix with quinoa or rice bowl. Drizzle on veggies. Use on noodle bowls.

### BLUEBERRY VINAIGRETTE:

- 1 cup fresh blueberries
  - 1/4 cup olive oil
  - 1/2 fresh lemon, juiced
  - 3 Tbsp apple cider vinegar
  - 1 Tbsp maple syrup or honey
  - Pinch of salt
- \* Add all ingredients to a blender and blend until smooth. Pour into a mason jar and drizzle over salad. This dressing is best when served fresh. I recommend making it in smaller batches and serving the same day.
- \* Use this dressing for salads, marinades, Drizzle onto roasted veggies, fruit salads, or grilled salmon.