

SALAD DRESSINGS

OIL FREE, VEGAN, DAIRY FREE

THAING SALAD DRESSING RECIPE

1/2 cup tahini
1 clove crushed garlic
1/4 cup lemon juice
Salt and pepper
1/4 cup hot water

Place everything into a small bowl or spotted glass cup and whisk well. This dressing will be thick and creamy.

If you need to thin it out, add a bit more water or a little maple syrup if you like hint of sweetness.

Makes about 1 cup.

CARROT GINGER SALAD DRESSING RECIPE

3/4 cup chopped carrots (4 small-medium carrots)
1 tablespoon grated ginger
1 tablespoon honey
1/4 cup chopped onion
1/4 cup orange juice
1 tablespoon lime juice
1/4 cup water
1-2 tbs lime
Salt and pepper to taste

Pop everything into a high power blender until all the ingredients have broken down and you have a pourable dressing.

Makes about 1 cup.

HONEY MUSTARD VINAIGRETTE RECIPE

1/2 cup chopped onion
1/4 cup dijon mustard
1/4 cup cider vinegar
1/4 cup honey (use maple syrup to keep recipe vegan)
1/4 cup filtered water
2 teaspoon salt
Fresh ground black pepper

Place everything into your food processor and blend until you have a nice thin dressing. Makes about 1 cup.