

5 Favorite Summer Salad Dressings

1. Avocado Dressing

1 Avocado (peeled and pitted)
1 Garlic clove
1/2 Cucumber
2 Green onions
1 T Lemon
2 T Unrefined extra virgin olive oil
Salt to taste

Blend in food processor or blender. Add water to desired consistency

2. Dr. Rebecca's 2:2 Dressing (2 ingredients, 2 seconds)

Unrefined cold-pressed sesame oil
Ume plum vinegar

Amazingly good for just 2 ingredients. Play with your ratios. Start with just a few drops of the ume plum vinegar and increase as needed - very salty!

3. Lemon Dill Vinaigrette

1/4 cup Red wine vinegar
2 T Dijon mustard
1/2 cup Unrefined extra virgin olive oil
Juice of 1 lemon
1 clove Garlic, finely minced
1 tsp Salt
1/4 tsp Black pepper
1 T Dill (fresh or dried)

Combine in a jar with lid and shake! Ideally let it sit for 20 minutes for flavors to blend.

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4. Simple Garlic Tahini Dressing

1/2 cup Tahini (sesame seed paste)
1/8-1/2 cup Warm water
2 T Lemon
2 cloves of garlic, finely minced
Salt to taste

Mix all ingredients in blender or food processor. Add water slowly until reaches desired thickness.

5. Honey Mustard Cider Dressing

1/4 cup Dijon mustard
1/4 cup Honey
1/4 cup Apple cider vinegar
1/2 cup Unrefined extra virgin olive oil
1 tsp salt
1/4 teaspoon black pepper

Combine in a jar with a lid and shake! Ideally let it sit for 20 minutes for flavors to blend.

Bonus Every Day Dressing

(For when you don't want to chop, blend, measure or shake.)

Unrefined extra virgin olive oil
Lemon or any vinegar
Garlic powder
Salt
Pepper

Throw it all on your salad. Mix and taste as you go, adjusting as needed. Try it - it gets easy! :)