

DRESSINGS & SAUCES



Your New Vegan Lifestyle

Dressings/Sauces

Creamy Caesar Dressing

Ingredients:

1 cup pine nuts
½ cup EVOO
2-3 cloves garlic
2 lemons-fresh squeezed juice
1 tsp Dulse flakes
1 tsp himalayan sea salt

Directions:

Blend all ingredients in vitamix/blender/food processor

Vegan Pesto

Ingredients:

3 cups fresh basil
2 clove garlic, large
1 lemon, juice of small medium
¾ tsp himalayan sea salt
¼ cup EVOO
⅓ cup pine nuts

Directions:

Blend all ingredients in vitamix/blender/food processor

Cilantro Lime Dressing:

Ingredients:

1 clove garlic
¾ tsp minced fresh ginger
¼ cup lime juice
⅓ cup honey or maple syrup
2 tsp balsamic vinegar
¼ cup packed cilantro leaves
1 avocado

Directions:

Blend all ingredients in vitamix/blender/food processor

Tahini Avocado Dressing:**Ingredients:**

2 tbsp tahini
½ avocado
2 tbsp horseradish
2 tsp dijon mustard
2 garlic cloves
Bunch of cilantro
½ tsp garlic powder
½ tsp sea salt
½ tsp basil

Directions:

Blend all ingredients in vitamix/blender/food processor

Watercress Dressing:**Ingredients:**

1 garlic clove
1 cup watercress
½ avocado
½ stock of fresh fennel
Juice of 2 lemons or limes
½ tsp of himalayan sea salt or celtic salt
1 tsp of water

Directions:

Blend all ingredients in vitamix/blender/food processor

Sweet Basil Vinaigrette:**Ingredients:**

1 cup fresh basil
1 clove garlic
3 tbsp honey or maple syrup
½ tsp ground pepper
½ tsp sea salt
½ cup apple cider vinegar ACV
½ EVOO

Directions:

Blend all ingredients in vitamix/blender/food processor

Vegan Thousand Island dressing:

Ingredients:

$\frac{3}{4}$ cup veganaise

2-3 tbsp of ketchup

2 tbsp sweet pickle relish

1 tbsp ACV

Directions:

Seasoning to taste - Sea salt &P, Garlic and/or onion powder