

Oil Free - Simple Salad Dressings

Citrus Dressing

2 Tbspns cashew nut butter

Orange Juice

Blend together, adding enough orange juice to achieve the desired consistency.



Kiwi Dressing

3 kiwi, peeled

1 red or green capsicum cut into large chunks

1 stalk of celery cut into large chunks

¼ cup water

8 grapes

Combine all ingredients in a blender until thoroughly mixed.



Crunchy Avocado Dressing

2 large avocados

2 stalks of celery

1 red capsicum

Water

Dice the celery and red capsicum and mix with mashed or blended avocado (blended with a small amount of water).



Avocado Celery Dressing

1 large avocado

1/3 cup celery juice

1tspn lemon or lime juice

Blend everything at low speed until you have the consistency you desire.



Pineapple – Mustard dressing

1 cup apple juice

1 cup freshly squeezed orange juice

1 cup fresh pineapple chunks

2 Tbspns grain mustard

½ ripe avocado

1tspn minced garlic

Combine all ingredients in a blender or food processor and puree' thoroughly.



Tomato Avocado Dressing

½ tomato, diced

1 avocado, peeled and sliced

½ cup celery juice or water

8 basil leaves

Place all ingredients in a blender or food processor and blend until smooth.



Mango Ginger Dressing

2 ripe mangoes

1 oz chopped ginger

1 Tspn brown rice vinegar

1 cup organic apple juice

½ oz white sesame seeds



Blend mangoes, ginger, rice vinegar and apple juice in blender. Toast the sesame seeds in a pan until golden brown then cool for 2 minutes. Add sesame seeds to dressing and stir.

Oriental Dressing

2 Tbspns salt reduced tamari

1 garlic clove

1 Tbspn honey

1 Tspn roasted sesame seeds



Put all ingredients in a jar with screw top and mix well.