

Creamy Cashew Caesar Dressing

Makes 1 cup

What you'll need...

2/3 cup	soaked raw cashews
1/3 cup	water
1/2 - 1	clove garlic, minced
3 tbsp	extra virgin olive oil
2 tbsp	lemon juice
1 tbsp	apple cider vinegar
2 tsp	nutritional yeast
1 1/2 tsp	grainy Dijon mustard
1 tsp	maple syrup
1 tsp	sea salt
1/4 tsp	fresh ground black pepper
1/4 tsp	lemon zest
pinch	smoked paprika, optional

Catalina Dressing

Makes 1 cup

What you'll need...

1/3 cup	cold pressed avocado oil (or extra virgin olive oil)
1	green onion, thinly sliced
1/2-1	clove garlic, minced

3 tbsp	apple cider vinegar
2 tbsp	tomato paste
2 tsp	maple syrup
1 tsp	Dijon mustard
1 tsp	sea salt
$\frac{1}{2}$ tsp	sweet paprika (optional)
$\frac{1}{4}$ tsp	freshly ground black pepper

Chili Lime Vinaigrette

Makes 1 cup

What you'll need...

$\frac{1}{2}$ cup (125 mL)	extra virgin olive oil
$\frac{1}{4}$ cup (60 mL)	fresh lime juice
1	green onion, thinly sliced
$\frac{1}{2}$ -1	clove garlic, minced
1 tbsp (15 mL)	maple syrup
2 tsp (10 mL)	chili powder
1 tsp (5 mL)	lime zest, minced
1 tsp (5 mL)	sea salt

	cayenne pepper, to taste (optional)
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Creamy Tahini Dressing

Makes 1 cup

What you'll need...

1/3 cup	tahini
1/3 cup	cold water
3 tbsp	lemon juice
1 tsp	maple syrup (optional)
1 tsp	sea salt
1/4 tsp	freshly ground black pepper
1/2-1	clove garlic, minced (optional)

Green Goodness Dressing

Makes 1 1/4 cup

What you'll need...

1	kale leaf, chopped	
1	green onions, sliced	
1/2-1	clove garlic, minced	
1/4 cup	extra virgin olive oil	
1/4 cup	assorted herbs, chopped (basil, cilantro, parsley, thyme)	
3 tbsp	apple cider vinegar	
1-2 tbsp	cold water	
2 tsp	tahini, almond or cashew butter	

1 tsp	maple syrup	
1 tsp	sea salt	
$\frac{1}{4}$ tsp	turmeric	
pinch	fresh ground black pepper	

Herbed Lemon & Roasted Garlic Vinaigrette

Makes 1 cup

What you'll need...

$\frac{1}{2}$ cup	extra virgin olive oil
$\frac{1}{4}$ cup	fresh lemon juice
1-2	cloves roasted garlic
2 tbsp	chopped parsley
1 tbsp	chopped thyme
2 tsp	chopped rosemary
1 tsp	lemon zest
1 tsp	grainy Dijon mustard
1 tsp	maple syrup (optional)
1 tsp	sea salt
$\frac{1}{4}$ tsp	fresh ground black pepper

Carrot, Miso & Ginger Dressing

Makes 1 cup

What you'll need...

1	medium carrot, peeled & grated
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2	green onions, white part only, thinly sliced
3 tbsp	rice vinegar (or apple cider vinegar)
2 tbsp	organic tamari (gluten-free soy sauce)
2 tbsp	cold-pressed avocado oil (or extra virgin olive oil)
2 tbsp	cold water
1 tbsp	chopped fresh ginger (or more to taste)
1 tbsp	organic white miso paste

Avocado Vinaigrette

Makes 1 cup

What you'll need...

$\frac{1}{2}$	avocado, well mashed
$\frac{1}{4}$ cup	extra virgin olive oil
3 tbsp	apple cider vinegar
2-3 tbsp	cold water
1-2 tsp	maple syrup (optional)
1 tsp	sea salt
$\frac{1}{4}$ tsp	freshly ground black pepper
1	green onion, thinly sliced

$\frac{1}{2}$ -1	clove garlic, minced
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Sesame & Ginger Dressing

Makes 1 cup

What you'll need...

$\frac{1}{2}$ cup	cold-pressed avocado oil (or extra virgin olive oil)
3 tbsp	rice or apple cider vinegar
2 tbsp	tahini
2 tbsp	tamari (gluten-free soy sauce)
2 tbsp	toasted sesame oil
2 tsp	maple syrup
1	green onion, thinly sliced
1-2 tsp	minced fresh ginger (or $\frac{1}{2}$ -1 tsp dried)
$\frac{1}{2}$	clove garlic, minced
$\frac{1}{2}$ tsp	sea salt
$\frac{1}{4}$ tsp	freshly ground black pepper

What to do...

1. Blend together all ingredients until smooth.

Refrigerate until ready to use; thickens as it cools. Last 4-7 days.