

RedHOT *Salad Dressings*

Salads are an essential part of a healthy **LIVE** meal and should feature at lunch and dinner. So you don't get sick of the same taste try some of these dressings to jazz them up so every day is a taste sensation you really enjoy.

NB *Sea Salt* can be added for taste to all dressings. Use your imagination and play with different combos. Have 2 or 3 different dressings made in jars to use as needed. Reduce the quantities to suit your use and don't worry if the amounts are not exact or you have a missing ingredient. Just balsamic and some oil is nice and anything you add will enhance it.

My Quick and Tasty

Guesstimate into a jar and shake
2/3 balsamic (white or black or a combo) vinegar
1/3 cold pressed or virgin olive oil
1-2 tsp whole grain seeded mustard
1-2 tsp dijon mustard
Sea salt to taste and black pepper

1 French Dressing

1-2 Tbls cold pressed Oil
¼ Cup lemon juice
3 Tbls apple cider vinegar
1 Clove crushed garlic
Dash lemon pepper
1 Tbls finely chopped herbs (parsley, chives & basil)
1Tsp honey

Blend or shake all ingredients

2 French Dressing

¾ Cup fresh apple juice
¼ Cup lemon juice
1 Clove garlic
1 Tsp fresh herbs (as above)

Yoghurt Dressing

½ cup goat's yoghurt or skim yoghurt
1 Tbsp lemon or orange juice
1 Tbsp finely chopped basil or dill
1 Clove garlic

Tofu Dressing

1 Cup mashed tofu
2 Tbsp lemon juice
3 Tbsp tahini
1 Tbsp tamari
1 Tbsp chopped spring onion

1 Tbsp chopped chives
1 Tbsp chopped parsley
Blend tofu, lemon juice, tahini and tamari.
Stir in remaining ingredients

Avocado Dressing

1 Large avocado
1 Large tomato
1 Chopped spring onion
2 Tsp chopped fresh dill
Or 1 Tsp dried dill
1 Tsp chopped fresh oregano
Or ½ Tsp dried oregano

Blend serve over sprouts, cooked rice or Cauliflower or any salad.

Tomato Dressing

1 Cup tomato juice
1 Tsp lemon juice
2 Tsp chopped parsley
! Tbsp chopped fresh basil

Tahini Mayonnaise

4 Tsp tahini
4 Tbsp lemon juice
2 Tsp honey
2-3 Tsp tamari or dash herbal seasoning
2 Tsp apple cider vinegar
¼ - ½ Tsp ground or seeded mustard (optional)

Olive & Lemon or Lime Dressing

½ cup lemon or lime juice
1 Tbsp olive oil (cold pressed)
1 Tsp honey
Dash herbal seasoning

Paw Paw Dressing

1-2 Tbsp lemon juice
2 cups chopped ripe paw paw

Blend – Refrigerated for 1-2 hours
Before serving over sprouts etc

Helen Frost: Health Director/Educator and Speaker

RedHOT Health 0428612212 Visit www.redhothealth.com.au for more recipes and health information