



## Supercharged Salad Dressings

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Hi,

Welcome to your Supercharged Salad Dressings guide! On the next few pages, you will find delicious recipes along with an itemized grocery list and facts about how to supercharge your salads. The recipes listed were inspired by a few key nutrients that will elevate your salad game!

**Adaptogens:** think outside of the box when integrating these potent powders into your daily routine. Many of these adaptogenic herbs come in a fine powder form that mixes easily into your favorite salad dressings, smoothies and sauces to up the health factor and flavor profile. Incorporate a dash of Reishi powder for an immune boost for the body and a savory spin for your tastebuds. After a stressful day at the office give Ashwaganda a try to alleviate the daily stress weighing you down at night.

**Probiotics:** there are countless options to add a heavy duty dose of probiotics into your salad dressing - which is a winning combo when paired with prebiotic rich vegetables. Your gut and immune system will be feeling EXTRA. Start with a liquid base such as raw apple cider vinegar, Kombucha, or Sauerkraut juice (if you're feeling adventurous). Layer on the good stuff from there with savory flavors from fermented Miso paste and you might have a new favorite Asian inspired dressing. If you're really wanting to go big here, sprinkle a capsule of probiotics into the dressing right before serving.

**MCT Oil:** There are many reasons to try MCT oil but it's especially beneficial if your goal is to lose weight. MCT oil has been shown to promote feelings of fullness, act as an immediate source of energy for the brain, it has 10% fewer calories than long-chain triglyceride fats, and it can help promote the growth of favorable bacteria in the gut. It's an easy fat to incorporate into salad dressings, smoothies, and lattes due to its mild flavor. If you love the taste of olive oil, don't remove it completely from your favorite dressing recipe; instead, swap in ¼ to ½ the portion for MCT oil.

**Sea Vegetables:** Spirulina and chlorella are highly nutrient dense sea vegetables. In fact, gram for gram, spirulina is considered to be the most nutritious food on the planet. Spirulina is packed with B vitamins, powerful antioxidant and anti-inflammatory properties, and nutrients such as iron, copper, and protein. This often comes in a powdered form that mixes well in smoothies and sauces - and of course salad dressings!

**Anti-Inflammatory Spices:** Herbs and spices have been used for centuries to help with a variety of ailments, and that's thanks in large part due to their high antioxidant and anti-inflammatory properties, and maybe as a result of the changes they cause in the gut microbiome. Nutrients prevent inflammation, and spices provide an abundance of nutrients with very few calories. The antioxidant of herbs and spices is so high that just half a teaspoon of oregano has the antioxidant level of three cups of spinach. Try adding in ginger, turmeric, pepper, garlic, and Italian herbs to enhance the flavor and nutrient profile of your dishes!

*Now to your recipe guide...*

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list.

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When choosing your salad base, don't forget about sourcing high-quality ingredients, these are your Dirty Dozen so choose organic if possible.

Strawberries

Spinach

Kale

Nectarines

Apples

Grapes

Peaches

Cherries

Pears

Tomatoes

Celery

Potatoes





## Supercharged Spirulina Salad Dressing

8 servings

10 minutes

### Ingredients

- 1/2 cup Extra Virgin Olive Oil
- 1/2 cup Lemon (juiced)
- 1 1/3 tbsps Spirulina
- 1/2 large Avocado
- 1 inch Turmeric (fresh, peeled)
- 1 tsp Sea Salt
- 2 inches Ginger (fresh, peeled)

### Directions

- 1 Add all ingredients into blender Blend on HIGH for 1 minute Massage into kale or mixed greens Toss in other salad toppings Salad Suggestion: Kale with soaked pumpkin seeds, apple slices, and thin red onion rings



## Spicy Adaptogenic Reishi Dressing

4 servings

5 minutes

### Ingredients

- 1 tbsp Reishi Powder (This recipe used Sun Potion )
- 3 tbsps Raw Apple Cider Vinegar
- 1 tbsp Rice Vinegar
- 3 tbsps Extra Virgin Olive Oil
- 1 tbsp Sesame Oil
- 1/4 tsp Harissa (This is a smoky spice)
- 1/2 tsp Sea Salt (add salt to taste)
- 1/4 tsp Ground Mustard

### Directions

- 1 Combine all ingredients together and whisk well. Pour over your favorite salad greens for a smoky and spicy treat!



## Anti-Inflammatory Turmeric Salad Dressing

8 servings

5 minutes

### Ingredients

4 cloves Garlic  
1/4 cup + 2 Tablespoons Extra Virgin Olive Oil Or Cold Pressed (unrefined avocado oil)  
3 tbsps Lemon Juice  
2 tsps Raw Honey  
2 tsps Turmeric  
1/2 tsp Dijon Mustard  
3 tbsps Hemp Seeds  
1/8 tsp Black Pepper  
1/4 Unrefined Salt

### Directions

- 1 Place all ingredients in a mini processor and process until smooth and creamy.



## Nutrient Dense Apple Cider Vinegar Dressing

4 servings

5 minutes

### Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Raw Apple Cider Vinegar
- 3 tbsps Nutritional Yeast
- 1 large Lemon (juice of lemon)
- 1/4 tsp Himalayan Sea Salt
- 1 Probiotic Capsule (Open a probiotic capsule and sprinkle into dressing)

### Directions

- 1 Combine all ingredients in a container or small mason jar.
- 2 Seal the jar and shake it until the ingredients are well combined.
- 3 Eat it with your favorite salad.



## Next Level Green Goddess Dressing

5 servings

16 minutes

### Ingredients

- 1 Large Avocado
- 1/2 cup Extra Virgin Olive Oil
- 1/3 cup Roughly Chopped Parsley
- 1/4 cup Apple Cider Vinegar
- 2 cloves Of Garlic
- 3 tbsps Of Fresh Lemon Juice
- 2 tbsps Organic Mct Oil
- 1/4 tsp Sea Salt
- 1 pinch Black Pepper

### Directions

- 1 Combine all ingredients in a food processor or high-powered blender. Blend on high until smooth and creamy.
- 2 Keep stored in an airtight container in the fridge for up to one week.



## Creamy Carrot Ginger Dressing

8 servings

15 minutes

### Ingredients

- 1 large Carrot (peeled, roughly chopped)
- 1 large Shallot (peeled and roughly chopped)
- 2 tbsps Ginger (roughly chopped)
- 1 tbsp Miso Paste
- 2 tbsps Rice Vinegar (Rice Wine Vinegar)
- 1 tbsp Sesame Oil
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Water

### Directions

1. Pulse the carrot, shallot and ginger in a blender until finely chopped. 2. Scrape down the sides, add the miso, vinegar, and sesame seed oil and whiz together. While the blender is going, slowly drizzle in the olive oil and the water. Recipe slightly adapted from GOOP website.