

Salad Dressings

Here are a few healthy (and tasty!) salad dressings to keep on hand.

I like to put some time aside (~30minutes), make all of them at once and store them in glass jars (empty nut-butter or jam jars) in the fridge for quick use.

They're simple: just combine all ingredients in a blender!

This one tastes salty! Naturally-occurring salt from the soybeans in Bragg's... no salt added!

¼ cup soy sauce; Bragg's or wheat-free tamari
4 garlic cloves, crushed
1/3 cup olive oil (for a more creamy consistency pour in to moving blender slowly)

[RAWvolution](#), by Matt Amsden

Stir Not-Fry, dressing

1/3 cup ume vinegar (ume is a type of plum)
1/3 cup soy sauce; Bragg's or wheat-free tamari
8 cloves garlic, crushed
1½ inch piece of ginger, chopped finely
1¼ cup olive oil (for a more creamy consistency pour in to moving blender slowly)

[RAWvolution](#), by Matt Amsden

Great on Greens

4 Tbsp Tahini
4 Tbsp Lemon juice
2 Tbsp Water
2 Tbsp Bragg's (or wheat-free tamari)

[Ani Phyo](#)

Japanese Ginger Soy (oil-free) I love this one massaged into fresh chopped kale... then add other veggies.

2 garlic cloves, minced
2 tsp minced fresh ginger
¼ tsp powdered mustard
Juice of ½ lemon
2 Tbsp apple cider vinegar
2-4 drops stevia natural sweetener
½ cup water
1/3 cup Bragg's liquid aminos
Salt and pepper to taste

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