

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](#)

Sweet Orange Miso (oil-free)

1 small seedless orange, juiced
1 Tbsp miso - we use brown rice miso, but there are many different kinds you can explore
1 small lemon, juiced
1 tsp local raw honey or agave nectar
1 tsp orange zest
½ inch piece of fresh ginger, chopped finely
2 stalks of celery, chopped
pinch of Celtic Sea Salt
Water – to consistency

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