

# Detox-Friendly Salad Dressings

## **Lemon-Garlic Dressing**

In food processor or chopper, combine 1/2 cup olive oil, juice of 1 lemon, and 3 cloves chopped garlic. Add salt and pepper. Blend until there are no garlic pieces left. Set aside in refrigerator.

## **Basil Salad Dressing**

2 ounces fresh basil  
3/4 cup olive oil  
1/2 tsp sea salt  
1/2 tsp pepper  
1 tsp lemon juice  
Blend on high speed until smoothes fresh picked basil

## **Creamy Avocado Dressing**

1 avocado  
3 tablespoons [olive oil](#)  
1 tablespoon lemon juice  
1/2 cup water  
1/4 teaspoon [celtic sea salt](#)  
1/4 teaspoon black pepper

Place avocado, olive oil, lemon juice and water in [vitamix](#) or blender. Puree until smooth. Then blend in salt and pepper.

## **Creamy Onion Dressing**

2 tablespoons red onion  
1/4 cup [apple cider vinegar](#)  
1 tablespoon [agave nectar](#)  
1 teaspoon [mustard powder](#)  
1/2 teaspoon [celtic sea salt](#)  
1/2 cup [olive oil](#)

Place onion, vinegar, agave, mustard and salt in a vita mix and puree on high speed for 20 seconds, until smooth. Turn on [vitamix](#) or blender and drizzle in olive oil

## **Green Goddess Dressing**

1 avocado  
2 tablespoons [olive oil](#)  
1 tablespoon [apple cider vinegar](#)  
1 tablespoon lemon juice  
1/2 teaspoon [herbes de provence](#)  
1/2 teaspoon [celtic sea salt](#)  
3-5 drops [stevia](#)  
1 cup water

Place all ingredients in a [vitamix](#) or blender. Process on high speed until smooth and creamy.

## **AVOCADO DRESSING**

2 ripe avocados, chopped  
2 spring onions, finely chopped  
1 clove garlic, minced  
lime juice, to taste (omit if you are sensitive to citrus)  
water, as needed  
sea salt, to taste  
1/2 teaspoon apple cider vinegar, optional

Blend and enjoy!