

30 DTHL-Friendly Salad Dressings

Lemon-Garlic Dressing

1/2 cup olive oil

Juice of 1 lemon

3 cloves chopped garlic.

Add salt and pepper to taste. 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 smooth

Creamy Avocado Dressing

1 avocado

3 tablespoons olive oil

1 tablespoon lemon juice

1/2 cup water

1/4 tsp celtic sea salt

1/4 tsp black pepper

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

Green Goddess Dressing

1 avocado

2 tablespoons olive oil

1 tablespoon lemon juice

1/2 teaspoon herbes de provence

1/2 teaspoon celtic sea salt

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

Lime juice, to taste

Water, as needed

Sea salt, to taste

Blend and enjoy!