

## **Salad Dressing Templates**

### **Nut/Seed Based Dressing**

#### **Ingredients:**

½ cup raw nuts or sunflower seeds. (Soaked overnight)

½ cup liquid (water, vegetable broth, plant milk, fruit or vegetable juice)

1 Tablespoon lemon juice or vinegar

1 tablespoon liquid aminos (optional)

2 tablespoons fresh herbs or 2 teaspoons dried herbs or spices

1 clove garlic

#### **Directions:**

Blend ingredients. Add liquid a little at a time until desired consistency.

### **Bean Based Dressing**

#### **Ingredients:**

½ cup cooked beans, drained and rinsed

½ cup liquid (water, vegetable broth, plant milk, fruit or vegetable juice)

1 Tablespoon lemon juice or vinegar

1 tablespoon liquid aminos (optional)

2 tablespoons fresh herbs or 2 teaspoons dried herbs or spices

1 clove garlic

**Directions:**

Blend ingredients. Add liquid a little at a time until desired consistency.

**Avocado Based Dressing**

**Directions:**

1 large avocado, ripe

½ cup liquid (water, vegetable broth, plant milk, fruit or vegetable juice)

1 Tablespoon lemon juice or vinegar

1 tablespoon liquid aminos (optional)

2 tablespoons fresh herbs or 2 teaspoons dried herbs or spices

1 clove garlic

**Directions:**

Blend ingredients. Add liquid a little at a time until desired consistency.