



STEPS TO MAKING THE BEST HEALTHY HOMEMADE SALAD DRESSING

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Oil (3 parts)

Olive oil, flaxseed oil, sesame oil, avocado oil, avocado, sunflower oil, hempseed oil and/or pumpkin seed oil

Acid (1 part)

Balsamic vinegar, red wine vinegar, apple cider vinegar, rice wine vinegar, coconut vinegar (balsamic), lemon juice, lime juice, orange juice and/or grapefruit juice

Herbs + Spices (fresh or dried)

Basil, oregano, chives, rosemary, thyme, parsley, cilantro, scallion/green onion, fresh garlic and/or garlic powder

Make it Sweet! (to taste) (optional)

honey, maple syrup, agave, coconut sugar, coconut syrup, fruit (mango, dates, raisins, dried cranberries, berries, apple)

Make it Creamy! (1 part)

almond butter, peanut butter, tahini, cashew butter, sunflower seed butter, hemp seed butter and/or avocado

Extras (to taste) (optional)

Sea salt, ground black pepper, crushed red pepper flakes, dried onion flakes, mustard, tofu, chopped nuts/seeds, vegetable broth, water, nut milks, ginger, tamari, Sriracha hot chili sauce and/or miso

Tasty Dressing Recipes: www.Healthyhappysmart.com