

Alkaline Salad Dressings – Homemade:



Ginger Honey Soy Dressing (Picture by Healthy Seasonal Dressings)

- 2 Tbs. fresh ginger, minced.
- 2 Tbs. fresh garlic, minced.
- 2 Tbs. raw honey.
- 4 Tbs. soy sauce (Tamari for gluten-free) or Bragg's Liquid Aminos.
- 4 Tbs. olive oil.

Place all ingredients in bowl & whisk until well combined



Bragg Health Vinaigrette or a Delicious Marinade (Picture by

[MyWholeFoodLife](http://MyWholeFoodLife.com))

Perfect for salads, dressings, greens, dips, marinades, veggies and most foods

- 1/2 cup Bragg Organic Vinegar
 - 1/3 cup Bragg Organic Olive Oil
 - 1/2 to 1 tsp Bragg Liquid Aminos
 - 1 to Sucanat
 - 1 to 2 cloves Garlic - minced
 - Pinch of Salt
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Food Babe's Tahini Dressing

Serves: 10 - 12

Ingredients

- Juice of one large lemon
- 1 garlic clove minced
- ½ cup water
- ½ cup raw tahini
- 1 tsp Sucanat
- 1 tbsp and 1 tsp apple cider vinegar
- 1 ½ tsp molasses soy sauce tamari soy sauce
- 2 tbsp hempseed oil or olive oil
- ¼ tsp sea salt
- 1 tbsp raw sesame seeds

Instructions

1. Combine lemon juice, garlic and water into a blender and puree for 15 - 30 seconds
2. Add all remaining ingredients and puree again until smooth

Notes

Stays fresh in the fridge for one week. ***Please buy all organic ingredients if possible***

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Creamy Lemon Cashew Dressing

1. 1/2 cup (120ml) filtered water.
2. 1/2 cup (120ml) extra-virgin olive oil.
3. 1/2 cup raw unsalted cashews, soaked and drained.
4. 3 tablespoons fresh lemon juice, plus more to taste.
5. 2 teaspoons minced garlic (2 cloves), plus more to taste.
6. 1/2 teaspoon onion powder.



Homemade Miso Dressing

Ingredients

1. 1 rounded tablespoon white or yellow miso.
2. 2 tablespoons seasoned rice vinegar, or 1 tablespoon rice vinegar and 1 tablespoon fresh lime juice.
3. 1/2 teaspoon grated fresh ginger.
4. 1 small garlic press, minced or put through a press.
5. Pinch of cayenne.
6. 2 tablespoons dark sesame oil.

