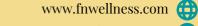


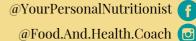
With just a few simple ingredients, a bowl, and a whisk, you can make a tasty, healthy, and higher quality salad dressing. Mix and match your favorite ingredients from the chart below, or try one of the tried and true recipes.

Pro tip: If you're on the go, toss ingredients in a small mason jar, seal the lid tightly, and shake vigorously!

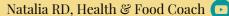
Oils 60%	Acids 30%	Flavorings 10%	Balancers
Olive oil Sesame Almond Avocado Hazel Walnut	Red Wine Vinegar White Wine Vinegar Apple Cider Vinegar Rice Vinegar Balsamic Vinegar Flavored Vinegar Champagne Vinegar	Mustard Salt/Pepper Herbs (Dry or Fresh) Garlic (Fresh or Powder) Ginger Soy Sauce Tahini	Sweet: Honey Salty: Salt, Soy, Coconut Aminos Sour: Lemon
Coconut	Lemon Juice	Orange Juice	















- Honey Lemon Dressing
 1 -2 Tbsp.vinegar/lemon
 ½ c. olive oil½

 - 1 tsp.each mustard powder, honey, salt, pepper, garlic powder, and onion powder

Lemon Sesame Dressing

- ½ c. tahini
- Juice of 2 lemons
- ½ c. water
- 1 Tbsp. olive oil
- 1/8 tsp. salt

Greek Vinaigrette

- 2 cloves garlic, minced
- 1 tsp.dried oregano
- ½ tsp. Dijon mustard
- ¼ c. red wine vinegarl tsp.kosher
- ½ tsp.freshly ground black pepper ½ c. olive oil

Avocado Dressing

- ¼ c. lime juice
- ½ c. water1 Tbsp. olive oil
- ¼ tsp chili powder1 avocado(peeled and pit removed)
- Put all ingredients in food processer and blend until smooth.

French Dressing

- 1 tsp. Dijon mustard2 Tbsp. white wine vinegar
- 6 Tbsp. olive oil
- Pinch each of sugar, salt, and pepper

Traditional Honey Mustard

- 2 tsp. wholegrain mustard or Dijon
- 2 tsp. honey
- Juice of 1 lemon

- 6 Tbsp. olive oil
 Salt and pepper to taste
 Add 1-2 Tbsp. chives for a unique twist!

Raspberry Balsamic Vinaigrette

- 1/3c. white balsamic vinegar
- 1 Tbsp. raspberry vinegar (or champagne, or sherry vinegar)
- 1-½ tsp. Dijon mustard 8 Tbsp. olive oil
- Salt and pepper to taste

- Honey Dijon Dressing¼ c. red wine vinegar
- 1 Tbsp. Dijon mustard
- 2 Tbsp. honey
- 1 -¼ c. olive oill shallot, minced
 3 cloves of garlic, minced
- 1 Tbsp. thyme
- Salt and pepper

Orange Poppy Seed Dressing

- ¼ c. balsamic vinegar
- ¼ c. orange juice ½ c. olive oil

- 1 Tbsp. poppy seeds1 Tbsp. Dijon mustard
- Salt to taste

