



Natalia García

Functional Nutrition & Wellness

Homemade Salad Dressings

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





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Honey Lemon Dressing

- 1 -2 Tbsp.vinegar/lemon
- ¼ 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
- ¼ 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 vinegar1 tsp.kosher salt
- ½ tsp.freshly ground black pepper
- ½ c. olive oil

Avocado Dressing

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

French Dressing

- 1 tsp. Dijon mustard
- 2 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 Dressing

- ¼ c. red wine vinegar
- 1 Tbsp. Dijon mustard
- 2 Tbsp. honey
- 1 -¼ c. olive oil1 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 seeds
- 1 Tbsp. Dijon mustard
- Salt to taste

