



My recommendation for a clean mayo is Primal Kitchen or Chosen Foods. These brands use wholesome ingredients without inflammatory oils.



Lemon Garlic Tahini Dressing

2 servings

5 minutes

Ingredients

2 tbsps Tahini
2 tbsps Water (warm)
2 tbsps Lemon Juice
1 Garlic (clove, small, minced)
1 1/2 tps Nutritional Yeast
1/8 tsp Sea Salt

Directions

- 1 Whisk all ingredients together in a mixing bowl. Season with additional salt or lemon juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately two and a half tablespoons.

Dressing Consistency: If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.



Hemp Caesar Dressing

12 servings

5 minutes

Ingredients

3 tbsps Lemon Juice
2 tbsps Extra Virgin Olive Oil
1/2 cup Hemp Seeds
2 Garlic (cloves)
2 tbsps Nutritional Yeast
Sea Salt & Black Pepper (to taste)
1/4 cup Water

Directions

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Combine all ingredients in a blender and blend until smooth and creamy.
Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately one tablespoon.

No Hemp Seeds: Use soaked cashews instead.



Ginger Lime Dressing

2 servings

5 minutes

Ingredients

2 tbsps Coconut Aminos
1 tbsp Lime Juice
1/2 tsp Ginger (fresh, grated or
minced)

Directions

1 Combine all ingredients in a small bowl. Refrigerate until ready to use. Enjoy!

Notes

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Hummus Dressing

4 servings

5 minutes

Ingredients

1/3 cup Hummus
1 tbsp Lemon Juice
1 tsp Dijon Mustard
3 tbsps Water
1/4 tsp Sea Salt

Directions

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Add all ingredients to a jar, cover, and shake well until smooth and creamy. Refrigerate until ready to use. Enjoy!

Notes

Leftovers: Store covered jar in the fridge for up to 5 days.

Serving Size: One serving is equal to approximately two tablespoons of dressing.

More Flavor: Add garlic powder or garlic cloves.



Coconut Ranch Dressing

8 servings

5 minutes

Ingredients

1 cup Canned Coconut Milk (full fat, refrigerated overnight)
1/4 cup Avocado Oil
2 tbsps Apple Cider Vinegar
1 tbsp Dried Chives
1/2 tsp Onion Powder
1 tsp Sea Salt

Directions

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Add all ingredients to a jar and shake until well combined. Refrigerate until ready to serve.

Notes

Leftovers: Refrigerate in an airtight container for up to seven days.

Serving Size: One serving is equal to approximately 2.5 tablespoons of dressing.

More Flavor: Use fresh herbs instead of dried.

No Coconut Milk: Use coconut yogurt, sour cream, Greek yogurt, mayonnaise or buttermilk instead.



Cilantro Lime Dressing

8 servings

5 minutes

Ingredients

1/2 Avocado (sliced)
2 tbsps Extra Virgin Olive Oil
1 tsp Sea Salt
1 tsp Ground Ginger
2 tbsps Lime Juice
1/4 cup Cilantro (finely chopped)
1/2 cup Canned Coconut Milk

Directions

- 1 Add all of the ingredients into a blender and blend until completely smooth.
- 2 Season with additional salt or lime juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to 2 tablespoons of dressing.

No Coconut Milk: Use almond milk or unsweetened oat milk instead.

Serve it With : Raw vegetables, on salads or on burgers.



Carrot Ginger Dressing

8 servings

5 minutes

Ingredients

- 1 Carrot (medium, peeled and chopped)
- 1/2 cup Orange Juice (freshly squeezed)
- 1/4 cup Rice Vinegar
- 2 tbsps Coconut Aminos
- 2 tbsps Unsweetened Applesauce
- 1 1/2 tbsps Red Onion (finely chopped)
- 1 1/2 tps Ginger (fresh, grated)

Directions

- 1 Add all ingredients to a high speed blender. Blend for about a minute, gradually increasing the speed until very smooth.
- 2 Refrigerate until ready to use. Enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to a week. Shake well before serving.
- Serving Size:** One serving is approximately three tablespoons of dressing.
- Carrots:** One medium carrot chopped is equal to approximately 1/2 cup chopped carrots.
- No Applesauce:** Use a liquid sweetener of choice to taste.
- No Rice Vinegar:** Use apple cider vinegar instead.
- No Red Onion:** Use green onion instead.



Italian Dressing

6 servings

5 minutes

Ingredients

1/2 cup Extra Virgin Olive Oil
1/4 cup Red Wine Vinegar
2 tbsps Lemon Juice
1 tsp Dijon Mustard
1 tsp Raw Honey
2 Garlic (cloves, minced)
2 tbsps Italian Seasoning

Directions

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Add all of the ingredients to a bowl or a liquid measuring cup and whisk until well combined and smooth. Transfer to a sealable jar. Enjoy!

Notes

Leftovers: Refrigerate in an airtight jar or container for up to one week.

Serving Size: One serving is equal to approximately two tablespoons.

No Honey: Use maple syrup.



Simple Caesar Dressing

10 servings

5 minutes

Ingredients

2 tbsps Capers
1 Lemon (juiced)
1/2 cup Mayonnaise
1/2 cup Parmigiano Reggiano (finely
grated)
1/8 tsp Black Pepper
1/4 tsp Sea Salt
2 tbsps Extra Virgin Olive Oil

Directions

- 1 Add all of the ingredients except for the oil to a high-powered blender.
- 2 With the blender running on high, very slowly stream the oil through the blender cap in the lid and continue blending until the dressing is smooth and creamy.
- 3 Serve the dressing on your favorite salad or as a dip. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to seven days.

Serving Size: One serving equals approximately two tablespoons of dressing.

Make it Vegan: Use vegan mayonnaise. Omit the parmesan and use nutritional yeast instead.

More Flavor: Use anchovy fillets.

Separation: Separation of the ingredients is normal and expected. Shake the dressing in a jar or stir well before serving.



Simple Garlic-Free Peanut Sauce

2 servings

5 minutes

Ingredients

1/4 cup All Natural Peanut Butter
(runny)
3 tbsps Water
2 tbsps Lime Juice
2 tbsps Tamari

Directions

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Add all of the ingredients to a small bowl or jar. Whisk or shake the jar until well combined. Enjoy!

Notes

Leftovers: Store in the fridge for up to five days.

Serving Size: One serving is approximately 1/3 cup.

More Flavor: Toasted sesame oil, chili flakes, garlic, and/or ginger.