



Great Fast Oil-Free Salad Dressing Chart

~From ByziMom.com!

Directions couldn't be simpler! Just toss everything into the blender and it's done!

	acid	sweetness	raw	herbs and seasonings	extras
Basic balsamic	2 Tbsp balsamic vinegar + 2 Tbsp water	1 Tbsp Maple Syrup	1 clove raw garlic	Salt and pepper to taste	2 Tbsp dijon mustard
Honey mustard	2 Tbsp apple cider vinegar + 2 Tbsp water	1 Tbsp Honey (Maple Syrup works well too!)	1 clove raw garlic 1 apple, cored and sliced	Salt and pepper to taste	2 Tbsp dijon Mustard 1 Tbsp rolled oats
Greek	2 Tbsp lemon juice + 2 Tbsp water	1 Tbsp Maple Syrup	1 clove raw garlic 3-4 fresh mint leaves 3-5 kalamata olives	Salt and pepper to taste ½ tsp oregano	2 Tbsp dijon Mustard Dash red pepper flake
Caesar	2 Tbsp lemon juice + 2 Tbsp water	1 Tbsp Maple Syrup	1 clove raw garlic ¼-½ cup raw hempseeds (add these after blending!)	Salt and pepper to taste 2 Tbsp nutritional yeast	2 Tbsp dijon Mustard Dash of worcestershire 1 Tbsp rolled oats
Ranch	2 Tbsp apple cider vinegar + 2 Tbsp water	1 Tbsp Maple Syrup	1 clove raw garlic 2 Tbsp fresh dill 1 stalk celery	Salt and pepper to taste	2 Tbsp dijon Mustard ¼ cup rolled oats
Blueberry basil	2 Tbsp balsamic vinegar + 2 Tbsp water	1 Tbsp Maple Syrup Or 2 pitted dates	1 clove raw garlic ½ cup fresh blueberries ¼ c fresh packed basil	Salt and pepper to taste	2 Tbsp dijon Mustard
Strawberry balsamic	2 Tbsp balsamic vinegar + 2 Tbsp water	1 Tbsp Maple Syrup Or 2 pitted dates	1 clove raw garlic 4-6 fresh strawberries	Salt and pepper to taste	1 Tbsp dijon Mustard
Ginger	2 Tbsp seasoned rice vinegar + 2 Tbsp water	1 Tbsp Maple Syrup Or 2 pitted dates	1 clove raw garlic 1 tbsp fresh ginger ½ med carrot	Salt and pepper to taste	2 Tbsp tahini or peanut butter (optional) 1 Tbsp rolled oats
Chili lime	2 Tbsp lime juice + 2 Tbsp water	1 Tbsp Maple Syrup Or 2 pitted dates	1 clove raw garlic 1 Tbsp pumpkin seeds	Salt and pepper to taste Zest of 1 lime	1 tsp sriracha 1 Tbsp rolled oats

