



## Dressings

Created by Cherish Natural Health



# Avocado dressing (no oils)

4 ingredients · 10 minutes · 4 servings



## Directions

---

1. Puree avocado. Add salt and pepper to taste.
2. Add water to change the consistency to your liking.
3. you can add any herbs and spices to change the flavour. EG. Cumin, paprika, parsley, mint ...

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving equals approximately 1/4 cup of dressing.

### Make it Vegan

Use coconut or cashew-based yogurt instead of Greek yogurt.

### More Flavor

Use a variation of fresh soft leafy herbs like dill, cilantro, and/or tarragon.

### Serve it With

Drizzle over salads, grain bowls, grilled vegetables, tacos, wraps, sandwiches, and/or burgers.

## Ingredients

---

1 Avocado

Sea Salt & Black Pepper (to taste)

Garlic (clove, minced. To taste.)

Water





# Oil-Free Blueberry Dressing

5 ingredients · 5 minutes · 4 servings



## Directions

---

1. Add all of the ingredients together in a blender and blend until combined. Adjust it to your taste and enjoy!

## Notes

---

### Serving Size

One serving is equal to approximately two tablespoons.

### Leftovers

Refrigerate in an airtight container for up to four days.

### No Maple Syrup

Use honey or brown sugar instead.

## Ingredients

---

**150 grams** Blueberries

**1 tbsp** Balsamic Vinegar

Sea Salt & Black Pepper (to taste)

**1/2** Lemon (juiced)

**1 tsp** Vanilla Extract



# Super Simple Salad Dressing

8 ingredients · 5 minutes · 5 servings



## Directions

---

1. Whisk all ingredients together in a small bowl. Store in an airtight container in the fridge.
2. Shake well before use.

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to one month.

### Serving Size

One serving is approximately 1 1/2 tbsp dressing.

### More Flavor

Add additional herbs and/or spices such as garlic, thyme or oregano.

## Ingredients

---

**100 milliliters** Flaxseed Oil

**50 milliliters** Balsamic Vinegar

**50 milliliters** Apple Cider Vinegar

**1 tsp** Dijon Mustard (no added sugar)

**2** Garlic (Cloves, crushed)

**1 gram** Fennel Seed

**1/4 tsp** Sea Salt

**1/4 tsp** Black Pepper



# Corriander dressing

5 ingredients · 5 minutes · 4 servings



## Directions

---

1. Whisk all of the ingredients together in a small bowl. Serve with your favorite salad, or meats and enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to one week. Separation is natural and expected, so be sure to whisk or shake the dressing before use.

### Serving Size

One serving is approximately 1 1/2 tablespoons.

### More Flavor

Add apple cider vinegar, lemon juice, or red wine vinegar.

## Ingredients

---

**30 grams** Coriander (fresh, minced)

**30 grams** Mint Leaves (fresh, minced)

**120 milliliters** Extra Virgin Olive Oil

**1/2** Garlic (clove, large, minced)

**1** Sea Salt (pinch)



# Shallot & Ginger Dressing

4 ingredients · 5 minutes · 4 servings



## Directions

---

1. Whisk all of the ingredients together in a small bowl. Serve with your favorite salad and proteins enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to one week.

### Serving Size

One serving is approximately one tablespoon.

### More Flavor

Add rice vinegar or apple cider vinegar.

## Ingredients

---

**30 grams** Shallot (minced)

**5 grams** Ginger (minced)

**120 milliliters** Extra Virgin Olive Oil

**1** Sea Salt (Large pinch)





# Creamy coriander and sunflower seed Dressing

6 ingredients · 5 minutes · 4 servings



## Directions

---

1. Soak the sunflower seeds overnight or at least 30 minutes in hot water. Rinse.
2. Add sunflower seeds, coriander, garlic, lime juice, and sea salt to the bowl of a food processor. Blend until smooth. Add water to thin the consistency of the dressing if necessary.
3. Season with additional salt or lime 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 approximately two tablespoons of dressing.

### More Flavor

Add roughly chopped jalapeno pepper for a spicy dressing.

### Make it Vegan

Use coconut or cashew based yogurt instead of Greek yogurt.

## Ingredients

---

**125 grams** Sunflower Seeds  
**1/2** Lime Juice (If allowed. freshly squeezed)  
**1/2 cup** Coriander (fresh, roughly chopped)  
**2** Garlic (small cloves, minced)  
**2 grams** Sea Salt  
**80 milliliters** Water (optional)



# Dill & Hemp Seed Dressing

4 ingredients · 10 minutes · 4 servings



## Directions

---

1. Add all of the ingredients into a blender or food processor and blend until smooth.
2. Serve on a salad or with vegetables and enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is equal to approximately two tablespoons of dressing.

### No Hemp Oil

Use avocado oil or olive oil instead.

### More Flavor

Add salt and pepper to taste.

## Ingredients

---

**80 grams** Hemp Seeds

**60 milliliters** Hemp Oil

**2 grams** Fresh Dill

**40 milliliters** Apple Cider Vinegar





# Spicy Mango Dressing

6 ingredients · 5 minutes · 4 servings



## Directions

---

1. Add all ingredients to a food processor and blend until smooth.
2. Season with additional salt if needed. Transfer to an airtight container or jar and keep refrigerated 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 tablespoons of dressing.

### More Flavor

For an extra spicy dressing add more red pepper flakes or a dash of hot sauce. For a less spicy dressing reduce the amount of red pepper flake and add a splash of maple syrup.

### Mango Size

One small mango is approximately 3/4 cup chopped mango.

## Ingredients

---

**1/2** Mango (small, chopped)

**20 milliliters** Water

**15 milliliters** Apple Cider Vinegar

**1/2** Garlic (clove, small, minced)

**1/4 tsp** Red Pepper Flakes (adjust to taste)

**1** Sea Salt (large pinch)

