



The Top **70**
Healthy
Salad Dressings
You Can Make in
Less Than
2 Minutes

Healthy
**SALAD
DRESSINGS!**

by Frederic Patenaude

About the Author



Frederic Patenaude

Frederic Patenaude has been working in the natural health movement for over 8 years, and has over 10 years of experience in the field of nutrition, health and personal development. He is the author of several books and his articles are read by tens of thousands of people every week, in various online newsletters.

Frederic also wrote and published the book *The Raw Secrets: the Raw Food Diet in the Real World*, which is widely recognized as one of the best and most practical, down-to-earth books on the subject.

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Other books & courses from or published by Frederic

[How To Make A Living In The Natural Health Movement](#)

[Raw Health Starter Kit](#)

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Mango Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **2 cups** tomato
- **2 cups** mango
- **2 Tablespoons** balsamic vinegar (can also be replaced by lime or lemon juice)
- **½ cup** water

METHOD:

Blend the dressing ingredients together until smooth.

Avocado Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **1 pint** (about **2 cups**) cherry tomatoes (or **2 medium-sized** tomatoes)
- **½ medium-sized** avocado
- **1 Tablespoon** balsamic vinegar
- **1 cup** fresh dill, cilantro, or parsley

METHOD:

Blend all ingredients together, in the order listed, until smooth.

Blueberry Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **1½ cups** blueberries (you can use frozen)
- **2** dates, pitted
- **1 Tablespoons** apple cider vinegar
- **1 Tablespoons** lemon juice

METHOD:

Blend all ingredients, and enjoy over your salad.

Tahini Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **1 pint** (about **2 cups**) cherry tomatoes (or **2 medium-sized** tomatoes)
- **1 cup** blueberries (optional)
- **3 Tablespoons** tahini (may be replaced by almond butter)
- **1 Tablespoon** balsamic vinegar (or lemon juice)
- **1 cup** fresh dill, cilantro, or parsley (or **1 Tablespoons** dried dill)

METHOD:

Blend all ingredients together until smooth.

Great Ranch Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **½ cup** tomatoes
- **juice from ½ lime**
- **2 T Tablespoons** apple cider
- **½ large** red pepper
- **1/3 cup** fresh dill
- **1-2 stalks** celery
- **2 Tablespoons** almond butter
- **2 small** dates

METHOD:

Blend all ingredients together until smooth. Serve as much mixed salad greens as you desire.



Strawberry Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **1/3 cup** strawberries
- **2 Tablespoons** almond butter

METHOD:

Blend strawberries with almond butter. You can use frozen strawberries, but make sure they have been thawed.

Avocado Nectar Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **1 pint** cherry tomatoes (or **2 medium** tomatoes)
- **1 Tablespoon** agave nectar (optional)
- **1 Tablespoon** apple cider vinegar or lemon juice
- **1/2 cup** fresh dill
- **1/2** avocado

METHOD:

Blend tomatoes with agave nectar and vinegar; then, gradually add other ingredients. Blend until smooth. Add a little water, if necessary.

Avocado Kelp Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **1 1/2 cups** tomatoes
- **1 Tablespoon** agave nectar
- **1 1/2 Tablespoon** flavored balsamic vinegar*
- **1/2 medium** avocado to **1 small** avocado
- **1 Tablespoon** kelp powder or granules
- **5-6** Chives

METHOD:

Blend all ingredients.

*May be replaced by regular balsamic vinegar lime juice. Flavored balsamic vinegar can be found in many health food store, it may be flavored by blackberries, cherries, or other fruits..

In a Pickle" Salad Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **1** avocado
- **Juice of 2** limes
- **1 green** onion

METHOD:

Toss salad ingredients in bowl. Blend dressing ingredients and pour onto salad.

Berry Tahini Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **1/3 cup** raspberries
- **1/3 cup** blueberries
- **2-3 Tablespoons** tahini
- **1 stalk** celery

METHOD:

Blend berries tahini, and push the mixture using a celery stalk. Eventually blend the celery stalk.

Creamy Kelp Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **1½ cups** tomatoes
- **1 Tablespoon** agave nectar
- **1½ Tablespoons** flavored balsamic vinegar*
- **3 Tablespoons** tahini or almond butter
- **1 Tablespoon** kelp powder or granules
- **5-6** Chives

METHOD:

Blend all ingredients.

*May be replaced by regular balsamic vinegar lime juice. Flavored balsamic vinegar can be found in many health food store, it may be flavored by blackberries, cherries, or other fruits.

Fred's Fancy Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **1** avocado
- **1** grapefruit
- **1 small** cucumber
- **2 celery** stalks

METHOD:

Blend, dress a large bowl of your favorite salad greens.



Hemp Seed Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **1½ cups** tomatoes
- **Juice of 1** orange
- **3 Tablespoons** hemp seed nut butter*
- **2** green onions
- **1-2 Tablespoons** dulse flakes (optional)

METHOD:

Blend all ingredients.

*Made by Manitoba Harvest or other companies. May be replaced by other nut butters or 6 Tbs. whole hemp seeds (shelled).

Creamy Green Dressing

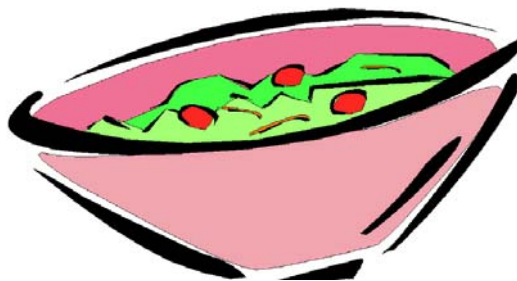
From the kitchen of Frederic Patenaude

INGREDIENTS:

- **½ cups** pistachios
- **2 stalks** celery
- **½** lime, juiced
- **1** orange, juiced

METHOD:

Blend all ingredients.



Walnut Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **½ cups walnuts**
- **2 stalks** celery
- **1 ½ - 2** oranges, juiced

METHOD:

Blend all ingredients together and serve with your favorite salads or greens.

Gotta Love Me Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **2** roma tomatoes
- Dill, to taste
- **1 teaspoon** tahini
- **2 teaspoon** lemon juice

METHOD:

Blend all ingredients.

Isle of You Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **2** tomatoes
- **2 teaspoon** lemon juice

METHOD:

Blend all ingredients.

"Try It, You'll Like It" Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **1** pear
- **1 cup** spinach
- lemon juice, to taste
- **2 Tablespoons** walnuts

METHOD:

Blend all ingredients together and serve with your favorite salads or greens.

Red Pepper Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **1** red pepper
- **1** tomato
- **½** lemon or lime, juiced
- celery powder, kelp and/or dulse to taste

METHOD:

Blend all ingredients until smooth.

Tomato-Grapefruit Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **1** tomato
- **½** grapefruit

METHOD:

Juice the grapefruit using a citrus press. Pour the grapefruit juice and the pulp into a blender, add the tomato and blend until smooth. Use on vegetable salads.

Nutty Dressing

From the kitchen of Frederic Patenaude

INGREDIENTS:

- **2 tablespoons** pecans
- **2** tomatoes
- **1 rib** celery
- Celery powder, dulse or kelp to taste

METHOD:

Blend all the ingredients together until smooth.

Tomato Basil Dressing

From the kitchen of Yvonne L. Fish

INGREDIENTS:

- **1 pound** of ripe plum tomatoes chopped
- **2** garlic cloves crushed
- **1/2 cup** basil leaves
- **1/4 teaspoon** of sea salt
- **1 Tablespoon** extra virgin olive oil

METHOD:

In a bowl, put 1 Tablespoon of extra virgin olive oil and then add the chopped tomatoes and crushed garlic. Tear the 1/2 cup of basil and add to the bowl. Sprinkle the sea salt on top. Let this sit out on the counter or table for at least 3 hours. The sea salt will start to break down the juices of the tomatoes as it marinates. The longer it marinates the better.

Transfer all into a food processor and blend. You will be left with a nice tomato basil dressing to go over any salad you can think of. Especially nice over a salad of shredded zucchini, mushrooms, and onion.

Mintalantro Dressing

From the kitchen of Trudy Born

INGREDIENTS:

- **1 cup** (250 ml) fresh mint leaves, washed and lightly packed
- **½ cup** (125 ml) fresh cilantro leaves, washed and lightly packed
- **1/3 cup** (75 ml) fresh chives, washed and chopped
- **1-2 whole** sun-dried tomato, chopped
- **3 tablespoons** (45 ml) water
- **2 tablespoons** (30 ml) fresh squeezed lime or lemon juice

METHOD:

Combine all the ingredients in a blender or food processor and puree. Add water and juice as necessary to make the desired consistency. This dressing can be made ahead and will keep for 1 day if refrigerated in an air tight container. Yield is about 1 cup (250 ml).

BRAWccoli Dressing

From the kitchen of Linda Wooliever

www.rawvermont.com

INGREDIENTS:

- **1 cup** broccoli, washed & chopped
- **1 whole** avocado, peeled and pitted
- **2-3 cups** water (start with less & add more if you need to)
- **1 Tablespoon** raw agave (or honey)
- **1** clove garlic
- **3 Tablespoon** olive oil
- **1 Tablespoon** hot pepper sesame oil
- **1 very small** onion or **1 shallot**, peeled
- **1 teaspoon** Celtic sea salt
- **1 medium** lemon, peeled & de-seeded (can substitute with **2 Tablespoons** apple cider)
- **1 teaspoon** cumin
- **1/8 - 1/4 teaspoon** cayenne (to taste)

METHOD:

Throw everything into a high-speed blender, like the VitaMix, and blend for 30-40 seconds. Adjust the water, lemon and cayenne to taste. For an even creamier dressing, add another avocado (you'll need more water as this will get thick!). Serve this on a crispy, crunchy bed of lettuce, like romaine. Add some endive, lots of red roma tomatoes, sungold tomatoes, crunchy carrot strands made in the saladacco and chunks of jicama! This dressing is a beautiful green color!

Norm's Avocado Dill Dressing

From the kitchen of Linda & Adam Whitlock

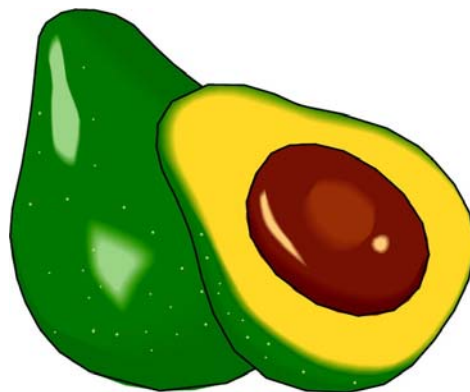
INGREDIENTS:

- **1 whole** avocado
- **fresh juice** from 2 oranges (Valencia oranges work well for this)
- **1/8 cup** fresh chopped dill (or fresh aromatic herb of your choice, i.e. cilantro, basil)

METHOD:

Mix avocado and orange juice in blender or mini food processor. Add dill and pulse to blend. Please use all organic ingredients if possible. Yields 1 cup.

For the Norm's Pear-Dill Dressing Version: Substitute 1 pear for the avocado.



Alpha Beta Dressing

*From the kitchen of Linda Wooliever
www.rawvermont.com*

This dressing got its name because I strongly feel that eating lots of raw & living foods puts our brains in a more "alpha" state. The "beta" part of the name is because of its gorgeous orange color, the color of saffron. This dressing tastes fresh and delicious. Try it on purple cabbage for an incredible color and taste experience. I love this dressing!

INGREDIENTS:

- **1-2** roma tomatoes, washed
- **1 large** orange pepper, washed & chopped
- **3 large** carrots, washed & chopped
- **1 large** yellow or vidalia onion, peeled & quartered
- **1 large** lemon, peeled and de-seeded
- **2/3 cup** hemp oil
- **1 teaspoon** celtic sea salt
- **1/4 - 1/2 teaspoon** cayenne pepper
- **1 generous Tablespoon** raw agave (or raw honey)

METHOD:

Throw everything into a high-powered blender, like the VitaMix, and blend for 30 seconds. Makes 5 cups of gorgeous dressing.

For the Alpha Disco Psycho Beta Version: Add a few dashes of hot pepper sesame oil! Totally changes the flavor. Both versions are RAWsome!



Miso Yummy

From the kitchen of Mika Gilmer

INGREDIENTS:

- **2 vine** tomatoes (or your favorite... heirlooms are great!)
- **1 tablespoon** miso red (usually makes up for salty taste)
- **1 tablespoon** kelp granules
- **1 teaspoon** lemon
- **1 clove** of garlic
- **handful** of cilantro or to taste
- sesame seeds (optional)

METHOD:

Blend all ingredients in a blender until creamy. It had a beautiful pinkish hue with specks of green from the cilantro. Great in a separate dish at a party!

Linda's Pear-Dill Dressing

From the kitchen of Linda & Adam Whitlock

INGREDIENTS:

- **1 large** pear, core removed, chopped
- **1 medium to large** carrot, chopped
- **¼ cup** chopped red bell pepper
- **1/3 cup** chopped onion
- **2 tablespoons** raw, organic apple cider vinegar
- **¼ teaspoon** Celtic or Himalayan salt
- **dash** of fresh black pepper
- **2-3 tablespoons** water

METHOD:

Blend all ingredients in a high-speed blender. This will be very thick and may not toss well with a large salad, but it is delightful spooned onto individual salads. Please use all organic ingredients if possible. Yields 1 ½ - 2 cups.

Sesame Cumin Dressing

*From the kitchen of Catherine Parker
cathyparker.wordpress.com*

INGREDIENTS:

- **1 cup** sesame seeds, soaked for a few hours or overnight
- **1 teaspoon** cumin powder (or more to taste)
- **2 cloves** garlic
- **1 cup** water
- **1 cup** coriander leaves
- **1** lemon, juiced
- **¼ cup** flaxseed oil (or hemp or olive oil)
- **1 teaspoon** Himalayan or celtic sea salt (optional)

METHOD:

Blend well and serve over a green salad. Will keep for about a week in a screw-top jar.

Ginger Oriental Dressing

From the kitchen of Vanessa Morenings

INGREDIENTS:

- **2 teaspoon** freshly grated ginger root
- **1 to 2 cloves** fresh garlic minced
- **4 Tablespoons** Braggs Liquid Aminos or Soy Sauce
- **4 Tablespoons** Water
- **4 teaspoons** orange juice
- **2 teaspoons** white vinegar

METHOD:

Blend all ingredients.

Country Vegetable Salad Dressing

From the kitchen of Krista Peterson

www.trueradianthealth.com

INGREDIENTS:

- **¼ cup** apple cider vinegar
- **2 tablespoons** raw honey
- **2 teaspoons** celtic sea salt
- **1** cucumber
- **1** red pepper
- **2 cloves** garlic
- **½ medium** red onion
- **3** celery stalks
- **3** carrots
- **2 tablespoons** Italian spices
- **2 tablespoons** chives

METHOD:

Blend all ingredients in vita-mix or other high-power blender, drizzle over your salad and enjoy!

Creamy Bell Pepper Dressing

From the kitchen of Erin Comyns

www.rawteacher.com

INGREDIENTS:

- **1 large** red bell pepper
- meat & water from **1 young** coconut
- **1 tablespoon** white onion

METHOD:

Blend all ingredients until smooth.

Diabolo Dressing

From the kitchen of Erin Comyns
www.rawteacher.com

INGREDIENTS:

- **1** jalapeno pepper
- **1 clove** garlic
- **¼ cup** white onion
- **1 knob** fresh ginger
- **1 cup** water

METHOD:

Blend all ingredients until smooth.

Sweet Basil Dressing

From the kitchen of Erin Comyns
www.rawteacher.com

INGREDIENTS:

- **3 cups** fresh basil leaves
- **¼ cup** agave
- **1 small** shallot
- **1 cup** coconut water

METHOD:

Blend all ingredients until smooth.



Nut-in' Like It Salad Dressing

From the kitchen of Becki Campbell

www.rawfoodfirst.com

INGREDIENTS:

- **4-5** tangerines, peeled (no need to remove seeds if you're using a high-speed blender)
- **1 rounded Tablespoon** raw pecans

METHOD:

Blend until creamy and smooth. Pour lavishly over your favorite cut up greens and enjoy with a spoon. Also delicious over sprouted sunflower seeds and sliced strawberries.

Variation: Use raw soaked almonds. This makes the recipe take longer than 2 minutes if you don't have any raw soaked almonds, but it has a very different flavor from the pecans!

Big Tomato Salad Dressing

From the kitchen of Becki Campbell

www.rawfoodfirst.com

INGREDIENTS:

- **2 large** tomatoes
- **2 large** dates
- **1 large** stalk celery

METHOD:

Blend until creamy and smooth. Pour over greens and/or chopped veggies and enjoy with a spoon! You won't want to miss a drop!

Summer Glaze

*From the kitchen of Erica Ayers
www.at-home-with-mama.com*

INGREDIENTS:

- **1** mango
- **1 large** or **2 medium** oranges, juiced (valencia or blood oranges are best!)

METHOD:

Blend until smooth.

Fruity Delight

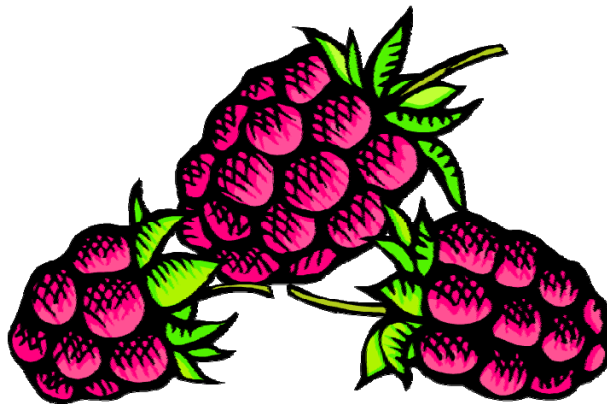
*From the kitchen of Erica Ayers
www.at-home-with-mama.com*

INGREDIENTS:

- $\frac{1}{2}$ mango
- $\frac{1}{2}$ **pound** strawberries
- **1 stalk** celery
- **1 tablespoon** raw almond butter
- $\frac{1}{2}$ **pint** raspberries

METHOD:

Blend all ingredients except raspberries. Add raspberries and blend for a few more seconds.



Cucumber Dill

*From the kitchen of Erica Ayers
www.at-home-with-mama.com*

INGREDIENTS:

- **1** avocado
- **½** cucumber peeled
- **1** green onion (optional)
- **1 tablespoon** lemon juice
- **½ stalk** celery or dash of sea salt
- **small handful** fresh dill (approximately 1/8 cup)
- **1** clove fresh garlic (minus the center stem – optional)

METHOD:

Blend all ingredients.

Red Island

*From the kitchen of Erica Ayers
www.at-home-with-mama.com*

INGREDIENTS:

- **1 medium** tomato
- **¼** red bell pepper
- **¼ pound** strawberries (approximate – you may need a few more strawberries, depending on their sweetness)
- **1 stalk** celery
- **½** avocado

METHOD:

Blend all ingredients.

Cilantro Dressing

From the kitchen of Terry Palma

INGREDIENTS:

- **1 cup** cilantro, stems and leaves
- **½ cup** olive oil (try grapeseed or sunflower seed oil)
- **¼ cup** apple cider vinegar (try lemon juice or other vinegars)
- **4 cloves** garlic
- **2 Tablespoons** honey

METHOD:

Blend all the ingredients in a blender and enjoy over salad! This is my absolute favorite all natural salad dressing taken from, "Recipes for Life", by Rhonda Malkmus of Hallelujah Acres; with permission from Becky Shields at "Get Healthy"; www.gethealthyrc.com.

Lars' Swedish Apple & Walnut Dressing

From the kitchen of Lars

INGREDIENTS:

- **1 small to average** ripe, organic winter apple (or half a large one)
- **1 ounce** organic walnuts, preferably soaked for a few hours (other organic nuts/seeds could be used as a substitute)
- **½ ounce** organic sun-dried tomatoes, soaked in water (could be substituted with 1-2 fresh tomatoes)

METHOD:

Core, peel (or don't peel) and dice the apple(s). Put all ingredients, including the soaking water from the sun-dried tomatoes, together in your VitaMix or a similar blender. Blend to a creamy, not too runny consistency by adding a tiny bit of water at a time until just right. The rich, nutty and mild flavor of this dressing is enjoyable with any salad dish, or great as a dip sauce for cucumber and celery sticks!

Fresh Fig Fantazmo

From the kitchen of Laurie Weltsch

INGREDIENTS:

- **4 fresh** figs
- **1 Tablespoons** raw almond butter
- **1-2 Tablespoons** lime juice
- **1 small clove** garlic
- **2 teaspoon** tamari or nama shoyu

METHOD:

Whiz it up and pour it on. Oh, so Luscious!

Avo-Mango Delight

From the kitchen of Joseph Madala

INGREDIENTS:

- **1 medium** avocado
- **1 medium** mango
- **¼ cup** water

METHOD:

Blend 1/4 cup of water with medium avocado and mango. Long lasting energy and oh so tasty. Serves 2.



Tahini Genie

From the kitchen of Laurie Weltsch

INGREDIENTS:

- **1 Tablespoon** raw tahini
- **½** lemon, juiced
- **1** orange, juiced
- **1 Tablespoon** nama shoyu
- pure water to thin, as needed
- few drops liquid stevia, if needed

METHOD:

Place tahini in small bowl. add juices and shoyu. Stir to mix well. Add water if thinner consistency is desired. Taste and add stevia, few drops at a time if needed.

Variations:

- 2-3 teaspoons** garlic, minced
- 2-3 teaspoons** fresh ginger, minced

In addition to being a great salad dressing, this is a fantastic base for a soup of fruits and greens (just thin it out a bit more).

Wafu Salad Dressing

From the kitchen of Sonia Munteanu

INGREDIENTS:

- **3 Tablespoons** roasted and ground sesame seeds
- **2 Tablespoons** olive oil OR mayonnaise
- **1 Tablespoons** soy sauce
- **5 Tablespoons** rice vinegar
- **4 Tablespoons** water
- **¼ teaspoon** salt
- **pinch** of cayenne pepper OR finely chopped chilli pepper to taste
- **½ clove** garlic, grated

METHOD:

Place all ingredients in mixer and pulse till well mixed. The mayo

makes dressing more stable. Great with julienned carrot, radish, cucumber and green onion--with or without crab meat; also great on greens.

Vancouver Island Dressing

From the kitchen of Rose Vasile

www.rawrose.com

Vancouver Island Dressing can be prepared in a blender, but you'll miss out on the interesting texture the food processor gives it.

INGREDIENTS:

- **3 medium** carrots
- **1 tablespoon** raisins
- **2 tablespoons** lemon juice
- **3 cloves** garlic
- **1 medium** tomato
- **1/3 cup** fresh parsley
- **1/3 cup** fresh dill
- **1/2 teaspoon** sea salt
- **2 dashes** cayenne
- **1** avocado

METHOD:

In a food processor, process carrots, raisins, lemon juice and garlic until carrots are small bits. Add rest of ingredients to food processor and process until creamy, but tiny bits of carrots are still visible. Store in the fridge. Vancouver Island Dressing will stay fresh for a few days.

Variation: Use 1 teaspoon Italian spices instead of the fresh dill.

Orient Express

From the kitchen of Shelah Segal

INGREDIENTS:

- **4 Tablespoons** raw almond butter
- **2** oranges, juice of
- **½ to 1 inch** piece fresh ginger root, to taste

METHOD:

Grate the ginger root. Whisk or stir together the almond butter and orange juice until smooth. Squeeze the grated ginger pulp, letting the juice drip into the above mixture. Stir again.

This dressing tastes great over a salad of mixed greens, baby bok choy, chopped red bell pepper, and mung bean sprouts. Tomatoes and chopped broccoli are other tasty additions, but try not to make the salad too fussy -- simple tastes best!

French Dressing

From the kitchen of Jesse Padilla

INGREDIENTS:

- **1 ½ cups** water
- **¼ cup** orange juice concentrate
- **½ cup** frozen apple juice concentrate
- **½ cup** frozen lemon juice
- **3 Tablespoons** tomato puree
- **1 teaspoon** dill weed
- **1 teaspoon** onion powder
- **1 teaspoon** garlic powder
- **1 teaspoon** paprika
- **1 ½ Tablespoons** salt
- **1 ½ Tablespoons** arrow root (dissolved in **¼ cup** water)

METHOD:

Put all ingredients except arrowroot in a saucepan and boil. Stir in dissolved arrowroot when boiling and cook for 1 minute. Chill before serving. Keeps for several months in fridge.

Montana Almond/Ginger Dressing

From the kitchen of Carlene Steadman

www.phlightenup.com

INGREDIENTS:

- **3 inch piece** of peeled fresh ginger
- **3** scallions, white parts only or **¼ teaspoon** onion powder
- **4 Tablespoons** raw almond butter
- **2 cloves** garlic
- **1 teaspoon** avocado oil or flax oil
- Celtic salt to taste or Braggs Liquid Aminos
- **2-3 cups** of water

METHOD:

In a vita mix or food processor blend the scallions, ginger and garlic until smooth. Add almond butter, oil, salt and process until blended. Slowly add the water to desired consistency, and continue blending until well blended. (For thicker dressing less water, for a thinner dressing use more water.)

Serve on Salad or Veggies. This is Yummy!

Angel Dressing

From the kitchen of Pam Hjernevik

INGREDIENTS:

- **½ cup** oil* (I use olive, cold pressed, organic)
- **2-4 Tablespoons** water (depending on how thick you want it)
- **3 Tablespoons** raw tahini (or, sesame seeds)
- **3 Tablespoons** lemon juice
- **1-2 Tablespoons** Tamari** or Shoyu (soy sauce)
- **1 clove** garlic
- **1 heaping Tablespoon** raw, hulled sesame seeds
- **1 teaspoon** parsley (dried)
- **1 teaspoon** chives (dried)

METHOD:

Blend first 6 ingredients in blender. Add sesame seeds, parsley, and chives and only blend to mix. I make double batches, because it goes so fast!

* If you are trying to cut down on oils, you can use half oil and half water.

** Tamari is preferred. It is a soy sauce made without wheat and does not have chemical additives or sugars, as do the common soy sauces on the market.

Vinaigrette Dressing

From the kitchen of Pam Hjernevik

INGREDIENTS:

- **½ cup** Apple Cider Vinegar (or Lemon or Lime Juice)
- **1 – 2 teaspoons** raw honey (or agave)
- **1/3 cup** olive oil
- **1 Tablespoon** herbs (possibly basil, oregano, thyme)
- **1 teaspoon** salt (or dulse or soy product)
- **1 – 2 cloves** garlic, pressed
- **¼ cup** water

METHOD:

Put all ingredients in a cruet and shake and preferably give time to meld flavors before serving.



Ginger Dressing

From the kitchen of Pam Hjernevik

INGREDIENTS:

- **1 medium** carrot
- **2 Tablespoon** onion
- **1/3 cup** oil
- **1/3 cup** water
- **1 Tablespoon** honey
- **½ Tablespoon** tamari
- **2 – 3 inches** fresh ginger
- **2 Tablespoons** Apple Cider Vinegar
- **dash** cayenne

METHOD:

Blend and enjoy.

Raspberry Dressing

From the kitchen of Pam Hjernevik

INGREDIENTS:

- **1/3 cup** olive oil
- **4 teaspoons** honey
- **2 Tablespoons** Apple Cider Vinegar
- **1 package** raspberries
- **1 inch** ginger
- **1 teaspoon** tamari (or **½ teaspoon** salt)

METHOD:

Blend and enjoy.

Shannon's Caesar

From the kitchen of Shannon Leone

This creamy, filling dressing is delicious and much healthier than the old version, and has helped keep my family and friends RAW! A tasty treat for special occasions.

INGREDIENTS:

- **3/4 cup** fresh squeezed lemon juice
- **1/2 cup** raw, organic tahini
- **2-4 Tablespoons** cold-pressed, organic flax/hemp or olive oil – optional – OR **1/2 mashed** Avocado
- **1 large clove** garlic, crushed
- **1/2 inch** ginger, grated – optional for added zest!
- Celtic sea salt, Nama Shoyu or olives to taste for newbies – OR powdered dulse and kelp for black belt Raw Fooders

METHOD:

Blend, stir or shake until mixed. Use immediately, or store in an air-tight jar for 3 days. Garnish with a pinch of ground flax seeds for a 'parmesan cheese' effect if desired

Serve with a generous helping of bliss! Enjoy!

Erika's Tahini/Orange Dressing

From the kitchen of Erika Shaw

INGREDIENTS:

- **4 tablespoons** unsalted organic raw Tahini
- **1/2 cup** freshly squeezed orange juice
- **1 teaspoon** garlic powder*
- **1/3 bunch** cilantro (optional)

**Garlic powder is void of the garlic oil, which is damaging to the digestive tract*

METHOD:

Put all ingredients except cilantro into the blender and blend at high speed until creamy, approximately 3 to 4 seconds. Add cilantro and pulse several times until only tiny pieces of cilantro remain visible. Unused portion of dressing will keep for two days in refrigerator. Shake container before using stored dressing.

Tasty Tofu Salad Dressing(s)

From the kitchen of Janet Harney

INGREDIENTS:

- **1 brick** of soft tofu
- **2 teaspoons** apple cider vinegar (or vinegar of choice)
- **1 package** Hidden Valley Original dressing mix (dry)—OR substitute a variety of herbs and spices such as basil, parsley, oregano, salt and pepper)
- **1** hard boiled egg (optional) (this gives it more body)

METHOD:

Mix in blender or food processor and blend until mixed and smooth. Add more vinegar to taste if you prefer a more tangy dressing. This also makes a great party dip with raw veggies.

Experiment with your favorite flavors. Use the tofu as you would mayonnaise to make Thousand Island dressing with tomato.

Important: Let this dressing sit in the fridge for 24 hours. Tofu is very bland, but absorbs the flavors of whatever you put it with, over time.

Variations:

Tofu/Cucumber dressing:

Mix in blender or food processor one soft brick of tofu with a peeled cucumber, vinegar and spices if desired for a creamy cucumber dressing. Prepare as above.

Tofu/Blue Cheese dressing:

Mix in blender or food processor one soft brick of tofu and blue cheese and vinegar for a creamy blue cheese dressing.

Tomato and Avocado Dressing

From the kitchen of Vicki Fisher
www.TheRawVeganNetwork.com

INGREDIENTS:

- **1 whole** tomato
- **½ whole** avocado
- **½ -1 stalk** celery
- fresh chopped herbs to taste (basil, thyme, cilantro, parsley)

METHOD:

Place tomato, avocado and celery in blender until smooth. Add herbs of your choice.

Beet Salad Dressing

From the kitchen of Vicki Fisher
www.TheRawVeganNetwork.com

INGREDIENTS:

- **2 cups** raw beets
- **juice of 1** lemon
- **1 cup** hulled sunflower seeds
- **½** avocado
- distilled water

METHOD:

Place beets, lemon juice, sunflower seeds and avocado in blender adding enough water to reach desired consistency. Note: May add sea salt to taste (optional).

Sunflower Sour Cream Dressing

From the kitchen of Jan Jordan
www.rawteacher.com/janjordan

INGREDIENTS:

- **1 ¼ cups** water
- **1 cup** sunflower seeds
- **1 teaspoon** celtic sea salt
- **1 teaspoon** chopped onion
- **1 clove** garlic
- **1/3 cup** lemon juice

METHOD:

Put all the above in blender and blend until smooth and creamy. This is great on salads, but my favorite is to just pour it over a raw fresh ripe pear! This recipe comes from a vegetarian cook book call Country Life. I changed a couple of things to make it fresher. Note: The original recipe called for 1 teaspoon onion powder and ½ teaspoon garlic powder.

Sunflower Seed Dressing

From the kitchen of Jan Jordan
www.rawteacher.com/janjordan

INGREDIENTS:

- **½ cup** sunflower seeds
- **½ cup** water
- **¼ cup** freshly extracted lemon juice
- **1 medium** cucumber
- **1 clove** garlic
- **½ teaspoon** celtic sea salt
- **¼ teaspoon** dried dill weed

METHOD:

Blend all ingredients in blender until smooth and creamy. This can also be used as a savory smoothie. Enjoy!

Creamy Dressing

From the kitchen of Jan Jordan
www.rawteacher.com/janjordan

INGREDIENTS:

- **½ cup** raw cashews
- **½ cup** freshly extracted pineapple juice
- **2 teaspoons** freshly extracted lemon juice
- **½ teaspoon** celtic sea salt

METHOD:

Blend until smooth and creamy. This is an excellent dressing on a carrot and raisin salad. It is also good as a coleslaw dressing by adding ½ teaspoon onion powder and celery seeds.

Helpful Hint: I juice a bunch of apples and a pineapple on average ever 2-3 weeks with my Champion juicer and freeze the juice in sizes that I use the most such as ½ cup of pineapple juice in a 6 ounce mason jar for the carrot and raisin salad and coleslaw. I have a fruit dip that I freeze 5 ounce of apple juice in mason jars. I also have an electric lemon/orange juice. I juice 10-20 lemons a week. I put 1 quart in the refrigerator that I use during the week and freeze any leftovers.

Fresh Basil Dressing

From the kitchen of Jan Jordan
www.rawteacher.com/janjordan

INGREDIENTS:

- **1 cup** fresh basil
- **2 cloves** garlic
- **1 Tablespoon** Braggs aminos
- **¼ cup** freshly extracted lemon juice
- **1 medium** avocado

METHOD:

Blend all ingredients in blender until smooth and creamy.

Tahini Lemon Dressing

From the kitchen of Diana Stoevelaar

www.awesomerawsome.com

INGREDIENTS:

- **2 Tablespoons** raw tahini
- **2 Tablespoons** lemon juice
- **3 Tablespoons** water
- **1 Tablespoons** parsley, minced
- celery powder, kelp or dulse to taste

METHOD:

Place all ingredients, except the parsley in a mini blender and blend until smooth. Stir in the parsley and pour over a salad.

***Note:** For a thinner or thicker dressing or dip adjust the water to suite your preference.

Skinny Mint Dressing

From the kitchen of Diana Stoevelaar

www.awesomerawsome.com

INGREDIENTS:

- **1** tomato, chopped
- **½ cup** celery, chopped
- **2 tablespoons** lemon juice
- **½ cup** orange juice
- **2-4 tablespoons** fresh mint, chopped or **1-2 teaspoons** dried mint

METHOD:

Blend all ingredients together in a blender. Serve over a vegetable salad.

Avocado Basil Dressing

From the kitchen of Diana Stoevelaar

www.awesomerawsome.com

INGREDIENTS:

- **½ medium** avocado
- **¼ cup** water
- **4 medium** fresh basil leaves
- **1 Tablespoon** fresh lemon juice
- celery powder, kelp or dulse to taste

METHOD:

Blend avocado and water until smooth. Then add basil until it adds flecks of green but is not fully blended.

Sun-Dried Tomato Sunflower Dressing

From the kitchen of Diana Stoevelaar

www.awesomerawsome.com

INGREDIENTS:

- **2 tomatoes, chopped**
- **4 sun dried tomato halves, soaked***
- **1 celery rib, chopped**
- **1 Tbsp. sunflower seed, soaked***
- **Celery, kelp or dulse to taste**

METHOD:

Drain sun dried tomatoes, reserving soak water. Blend all of the ingredients, including as much tomato soak water as necessary to achieve the desired consistency. Pour over salad and serve.

Note: Sun dried tomato soak water is excellent in soups, blended salads, savory green smoothies and dips. You may freeze it in ice cube trays.

Ranch Dressing

From the kitchen of Diana Stoevelaar

www.awesomerawsome.com

INGREDIENTS:

- **1 ¼ cup** sunflower seeds
- **3** celery ribs
- **½ cup + 2 Tablespoons** lemon juice
- **1 clove** garlic, optional
- **2 Tablespoon** raw tahini
- **1 teaspoon** Celtic sea salt, optional
- **½ teaspoon** onion powder
- **1¾ cup** purified water
- **¾ teaspoon** basil
- **½ teaspoon** oregano
- **½ teaspoon** thyme
- kelp, dulse and/or celery powder to taste

METHOD:

Presoak sunflower seeds for at least 6 hours. Blend the first eight ingredients until smooth. Add the basil, oregano and thyme and favorite seasonings to taste into the blender and blend on low speed for five seconds. Pour the dressing into the grated vegetables and toss to coat. Serve.

Orange-Almond* Dressing

From the kitchen of Diana Stoevelaar

www.awesomerawsome.com

INGREDIENTS:

- **½ cup** orange juice, for dressing
- **17 soaked** almonds, for dressing
- **7 soaked** almonds for garnish

METHOD:

Blend the orange juice and 17 almonds together for a dressing.

I Can't Believe It's Not Dressing

From the kitchen of Deborah Carraro

www.smoothiesforhealth.com

INGREDIENTS:

- **1 tablespoon** raw almond butter
- **juice of ¼** lemon
- **¼ to ½ cup** water
- **handful** cilantro or other favorite herb
- **1-2 Tablespoons** apple cider vinegar
- **handful** cherry tomatoes

METHOD:

Add almond butter, lemon, apple cider vinegar and water into high-speed blender. Blend until smooth and creamy. Add herbs and cherry tomatoes. Pulse until desired consistency is reached. Add more water if required.

Raspberry Vin-RAW-grette

From the kitchen of Deborah Carraro

www.smoothiesforhealth.com

INGREDIENTS:

- **1 handful** raspberries
- **juice of 2** oranges
- **1 Tablespoon** honey or **1** medjool date

METHOD:

Blend all ingredients until mixed. **Note:** You can substitute strawberries if you prefer. If you like more tartness - substitute lemon or lime juice for the oranges.

Recommended Resources

Did you enjoy the content of this e-book? Make sure you check out the following resources for more support and information

- ❑ **Green For Life Program** — Overcome cravings, deficiencies, dental problems and achieve your ideal weight with the power of greens. Includes a coaching "cleanse" program via Internet. Available at www.GreenForLifeProgram.com
- ❑ **How To Make A Living In The Natural Health Movement** — A course limited to 75 students. The complete system for creating passive income doing what you love. Available at www.FredericPatenaude.com/makealiving.html
- ❑ **Raw Health Starter Kit** — Over \$500 worth of products bundled into one, low-priced starter kit. You can get started on the raw-food diet and learn how to use it for boundless energy, detox, rejuvenation, or achieving your ideal weight. Available at www.FredericPatenaude.com/starterkit.html
- ❑ **Instant Raw Sensations** — The easiest, simplest, most delicious raw-food recipes ever. Ready in 5-10 minutes with ingredients that are easy to find. Also included in the starter kit but available separately at www.FredericPatenaude.com/instantraw.html
- ❑ **21 Best Detox Diets** — NEW! — Learn how to reap the powerful benefits of including a cleanse in your health routine with the 21 best detox programs. <http://www.BestDetoxDiets.com>
- ❑ **Waking Up to More Energy** — NEW! — Learn new research that shows how you can sleep 2 or 3 hours less and have more energy. <http://www.fredericpatenaude.com/LessSleepMoreEnergy.html>