



## Brandout: Brands for Salad Dressings + Recipes

### Chosen Foods

Check them out [HERE](#). They offer 4 dressings (they also call marinades): Lemon Garlic, Chipotle Ranch, Orange Balsamic and Tamari Ginger

### Trader Joes

Our favorites are found in the refrigerated section: Almond Butter Turmeric, Green Goddess (our personal fav) and Carrot Ginger Miso. These are AMAZING! You can also use them for topping veggies, pasta, rice, potatoes in addition to salads.

The following brands can be found in many health food stores and at great prices at [Thrive Market](#), an online market that offers discounts on natural and organic products.

### Tessamae's

Carry a wide range of organic “clean ingredients” dressings

### Primal Kitchen

Also has a wide range of dressings and uses avocado oil as its base (which is great)

### Olive Oil

Check out [our blog post](#) to make sure you get the real thing. We love California Olive Ranch for its purity and 3<sup>rd</sup> party testing.

### Apple Cider Vinegar

Braggs (with the mother). Look for product to be cloudy, NOT clear. This ensures the product has been properly fermented and thus has all the beneficial properties. Clear ACV is highly processed.

## Recipes

### Jane's Easy Basic Dressing

- ✓ 1/4 cup olive oil
- ✓ 2 TBS apple cider vinegar
- ✓ 1 tsp mustard
- ✓ 1 tsp honey
- ✓ Pinch of salt and pepper (or to taste)
- ✓ 1 clove minced garlic

Shake well in a jar.



### Tahini Ginger Dressing

- ✓ 1/2 cup tahini
- ✓ 1/2 tablespoon grated ginger or 1 teaspoon powdered
- ✓ 2 tablespoons lemon juice
- ✓ 2 teaspoons raw honey
- ✓ 2 tablespoons wheat free tamari
- ✓ 1 clove garlic
- ✓ 1/4 - 1/2 cup water
- ✓ Sea salt to taste

Place all ingredients in high speed blender or food processor and blend until smooth. Start with 1/4 cup water and add more as needed for your optimal consistency. Store in glass jar in fridge for up to a week.



Looking for more support or inspiration? Check out our private [Facebook group](#), our [website](#) or our [Instagram feed](#).