

IFeelGOOD

Living The Plant Based Way



22 PLANT BASED OIL FREE DRESSINGS

ROASTED GARLIC & TAHINI DRESSING

Ingredients:

1/2 cup of tahini
5 roasted cloves of garlic
3 tbsp of balsamic vinegar
1/2 cup of water
1 tsp of cumin
1/2 tsp of finely ground
sea salt

Method:

In a blender or food processor blend the tahini, garlic, vinegar, water, cumin, and salt until smooth and creamy. Add more water if the dressing is too thick to pour.

CREAMY CORIANDER & LIME DRESSING

Ingredients:

½ cup raw cashews
½ cup water
small handful of coriander
¼ cup lime juice (about 2 limes)
1 clove garlic
1 tbsp Dijon mustard
a couple grinds of pepper
¼ cup nutritional yeast

Method:

Add everything to a high speed blender,
and blend until smooth and creamy.

SWEET CHILI MUSTARD DRESSING

Ingredients:

1/2 cup dijon mustard
1/4 cup pure maple syrup
2 tbsp chili powder
(use 1/2 tbsp for less heat)
2-4 tbsp water

Method:

Add everything to a high speed blender,
and blend until smooth and creamy.

BBQ SAUCE

Ingredients:

3 tbsp apple cider vinegar
1 tbsp tomato paste
2 tbsp unsweetened apple
puree
1 tsp dijon mustard
1 tsp smoked paprika
½ tsp onion powder
½ tsp garlic powder
¼ tsp cayenne
¼ tsp cumin
black pepper to taste
½ tsp Liquid Smoke

Method:

Add everything to a high speed blender,
and blend until smooth and creamy.

EVERYDAY OIL FREE SALAD DRESSING

Ingredients:

1/4 cup unsweetened apple sauce
2 tbsp apple cider vinegar
1 tbsp balsamic vinegar
1 tsp miso (chickpea miso or rice miso)
3/4 – 1 tsp dijon mustard
1/4 tsp cumin
1/8 tsp cinnamon
1 1/2 tbsp pure maple syrup (or more to
sweeten to taste if desired)
1/4 tsp sea salt (or more to taste)
freshly ground black pepper to taste

Method:

Add everything to a high speed blender,
and blend until smooth and creamy.

CAESAR SALAD DRESSING

Ingredients:

½ cup unsalted cashews
2 tbsp of nutritional yeast
4 tbsp Lemon Juice (about 1 lemon)
2 tsp capers
1 clove of garlic
1 tbsp Dijon mustard
½ cup water

Method:

Add everything to a high speed blender, and blend until smooth and creamy.

CURRIED ALMOND DRESSING

Ingredients:

1/2 cup raw almonds
2 1/2 tbsp apple cider vinegar
2 tbsp pure maple syrup or agave nectar
2/3 cup water (or more to thin as needed)
1 very small garlic clove
1 tsp freshly grated ginger
1/2 tsp Dijon mustard
1/2 tsp sea salt
freshly ground black pepper (optional)
1/8 tsp Clive of India curry powder

Method:

Add everything to a high speed blender, and blend until smooth and creamy.

CREAMY ITALIAN DRESSING

Ingredients:

1½ cup cooked white beans
½ cup (to 1 cup) water
2-3 tbsp fresh squeezed lemon juice
½ tsp garlic powder
2 tsp dried parsley
1½ tsp onion powder
1 tsp dried oregano
1 tsp sea salt

Method:

Add everything to a high speed blender, and blend until smooth and creamy.

RANCH DRESSING

Ingredients

3/4 cup raw cashews
1/2 cup water
Juice of 1 lemon (about 2 tbsp)
1 tbsp apple cider vinegar
1 clove garlic
1/2 tsp onion powder
1 tsp dried dill
1 tsp snipped chives
1/2 tsp dried oregano
1/2 tsp salt (or to taste)
1 tsp cumin
1/2 tsp smoked paprika

Method:

Add everything to a high speed blender, and blend until smooth and creamy.

MANGO DRESSING

Ingredients

3/4 cup mango chunks (fresh or frozen)
2 tbsp hemp seeds
2 tbsp freshly squeezed lime juice or red wine vinegar
1/4 cup water
1/2 tbsp chopped shallots
1–2 tbsp pure maple syrup or agave nectar
1/2 tsp dijon mustard
1/2 tsp sea salt
freshly ground black pepper to taste

Method:

Add everything to a high speed blender, and blend until smooth and creamy.

MISO DRESSING

Ingredients

1 tsp miso
1/3 cup water
2 whole olives
2 tbsp brown rice vinegar
pinch of black pepper
1/2 tsp maple syrup
1 tbsp of dulse flakes (or another flaked seaweed such as kelp or wakame)

Method:

Add everything to a high speed blender, and blend until smooth and creamy.

TAHINI DRESSING

Ingredients

3 tbsp freshly squeezed orange juice
1 tbsp freshly squeezed lemon juice
2 tbsp tahini
1 tbsp apple cider vinegar
2-2 ½ tbsp agave nectar or pure maple syrup
1 1/2 – 2 tsp Dijon mustard
½ – 1 tsp fresh ginger, roughly chopped
1 very small clove garlic
½ sea salt
freshly ground black pepper

Method:

Add everything to a high speed blender, and blend until smooth and creamy.

ALMOND GINGER DRESSING

Ingredients

1/2 cup raw almonds
1/2 cup plant mylk
1 cup water
4 tbsp tahini
6 dates, pitted
2 small cloves garlic
1 inch piece fresh ginger,
peeled

Method:

Add everything to a high speed blender, and blend until smooth and creamy.

TOMATO BASIL DRESSING

Ingredients

2 roma tomatoes, cored
1 red capsicum, cored
1/3 cup red wine vinegar
1/3 cup sundried tomatoes (no oil)
6-8 basil leaves
juice of 1 lemon
pinch of salt
1 cup water

Method:

Add everything to a high speed blender, and blend until smooth and creamy.

GREEN DRESSING

Ingredients:

2 cloves of garlic
1/2 cup fresh chives
1/2 cup fresh parsley
3 tbsp tahini
2 tbsp nutritional yeast
1 tbsp miso
1/3 cup water
2 tbsp fresh lemon juice
1/2 tsp salt

Method:

Add everything to a high speed blender, and blend until smooth and creamy.

DILL DRESSING

Ingredients:

1/2 cup raw cashews
1/3 cup water
1 tbsp fresh lemon juice
1 tbsp apple cider vinegar
1 garlic clove
1 tsp 'ume' plum vinegar
1 tsp sea salt
1 tbsp fresh dill, chopped
1 tsp lemon zest

Method:

Add everything to a high speed blender, and blend until smooth and creamy.

HUMMUS DRESSING

Ingredients

(Makes 4 cups)

3 cups chickpeas (2 x 400g cans)

1/2 cup lemon juice

1/2 cup water

1/4 cup tahini

1 clove garlic

1 tbsp salt (or to taste)

Method:

Starting with the water place all ingredients into a blender. Blend to a smooth paste.

Add additional water if the consistency is too thick. The hummus should be the consistency of a thick sauce.

Store in an airtight container in the fridge. Use on wraps or snacks with carrot sticks

CASHEW SOUR CREAM

Ingredients:

(Makes 1.5 cups)

For the cashew cream:

1 cup raw cashews

1 lemon

1 tsp salt

1 tbsp apple cider vinegar

1/2 cup water

Method:

Soak the cashews in water overnight. The next day drain the water and rinse the soaked cashews.

Place all the ingredients in a high speed blender and puree until smooth. Pour into a jar and place in the fridge. Use in place of dairy sour cream or for making creamy dressings.

TSATZIKI DRESSING

Ingredients:

(Makes 1.5 cups)

For the cashew cream:

1 cup raw cashews
1 lemon
1 tsp salt
1 tbsp apple cider vinegar
1/2 cup water

For the tzatziki:

2 cucumbers
salt and pepper
1/2 lemon

Method:

For the sour cream:

Soak the cashews in water overnight. The next day drain the water and rinse the soaked cashews. Place all the ingredients in a high speed blender and puree until smooth. Pour into a jar and place in the fridge. Use in place of dairy sour cream or for making creamy dressings.

For the tzatziki:

Grate two cucumbers and place into a bowl of cashew cream. Add salt and pepper to taste and stir well. Squeeze over the juice of half a lemon. Add salt and pepper to taste and set aside.

FRENCH DRESSING

Ingredients:

(makes 1 cup)

1 tbsp chia seeds

1/2 cup water

1/4 cup balsamic vinegar

1 tbsp dijon mustard

1 small garlic cloves

Method:

Finely chop the garlic.

Place all ingredients in a mason jar, put on the lid and shake well.

Let sit for an hour until the chia thickens.

Place into a blender and puree until smooth. Pour back into the jar then place in the fridge until ready to use on a salad.

PESTO DRESSING

Ingredients:

(Makes 1.5 cups)

3 cups fresh basil, tightly packed

½ cup nutritional yeast

½ cup raw cashews

½ cup raw pine nuts

1 garlic clove

1/4 cup water (more if required)

salt and pepper to taste

Method:

Place all ingredients into a high powered blender and blend to a smooth but slightly chunky paste.

TARTARE SAUCE

Ingredients:

1/2 cup gherkins
2 tbsp capers
1/2 red onion
1 handful parsley
1 cup egg free mayonaise

Method:

Finely chop half a cup of gherkins. Finely chop two tablespoons of capers. Finely dice half a red onion. Chop one handful of parsley. Mix together in a bowl with one cup of egg and oil free mayonnaise (Praise 99% fat free is the one we use).