

Transformations: Vegan Recipes You Can Live By

Salad Dressings

Avocado and Tomato Dressing

- 1 ripen tomato, washed
- 1/2 ripe avocado, peeled and pitted
- 1/4 cup fresh basil
- 2 lemons, juiced
- sea salt, to taste

Combine all ingredients in a blender and blend until smooth and creamy.

Adjust salt to taste to serve.

Balsamic Vinaigrette

- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 1 teaspoon honey
- 1 teaspoon dry mustard
- 1 shallot (or 1/2 onion), minced
- 1 clove garlic, minced
- sea salt, to taste
- pepper, to taste

Combine the olive oil, balsamic vinegar, honey, mustard, shallot, garlic, salt and pepper together in a blender. Blend until smooth.

Store in a sealed plastic container until ready to use.

Basic Vinaigrette

- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 1/2 lemon, juiced
- sea salt, to taste
- pepper, to taste
- stevia or cane sugar, optional

Combine ingredients in a blender. Blend until smooth and creamy.

If too tart, add in a little stevia or sugar to sweeten.

Blackberry and Basil Dressing

Originally "Blackberry and Blue-Spice-Basil Dressing". Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Location 3353-3366). Houghton Mifflin Harcourt. Kindle Edition.

- 2 cups blackberries, thawed if frozen
- 10 dates, pitted and coarsely chopped
- 1 small handful fresh basil, washed
- 1/3-3/4 cup orange juice

Combine ingredients in a blender. Blend on high until

well blended and liquefied.

Refrigerate in a small glass mason jar. Stir before serving.

Blue Ribbon Seven Herb Dressing

- 1/4 cup lemon juice
- 1/4 cup olive oil
- 2 teaspoons prepared mustard
- 2 teaspoons garlic, minced
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried chervil
- 1/4 teaspoon ground coriander
- 1/4 teaspoon dried oregano
- 1/8 teaspoon rubbed sage
- sea salt, to taste
- 1/2 teaspoon dried savory
- 1/4 teaspoon dried thyme
- 1-2 tablespoons mayonnaise
- 1-2 tablespoons cane sugar, to taste, optional

This is one of the best dressing recipes in this database. Store in a sealed glass container when made and shake before using.

Combine ingredients in blender. Blend until smooth.

If to tart, add sugar, taste and reblend.

Store in a tightly sealed container and refrigerate until ready to serve. Stir before using.

Cilantro Dressing

- 1/2 cup olive oil
- 1/4 cup apple cider vinegar
- 1/2 cup cilantro, minced
- 2 teaspoons garlic, minced
- 1 tablespoons honey

Combine ingredients in blender. Blend until smooth.

Stir before using.

Cilantro Tahini Dressing

Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Location 3317-3333). Houghton Mifflin Harcourt. Kindle Edition.

- 2 large zucchini squash, peeled and cut into chunks
- 1/4 cup sesame seeds
- 1 1/2 bunches cilantro, washed and chopped
- 1 lemon, juiced

Combine ingredients in a blender. Blend on high until

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smooth and creamy.

Store refrigerated in a small mason jar. Stir before serving on **Kale Salad with Cilantro Tahini Dressing**.

Citrus-Balsamic Vinaigrette

Calbom, Cherie: *The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way!* (p. 202) Charisma House Kindle Edition

- 2 tablespoons balsamic vinegar
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 3 tablespoons orange juice
- 1 tablespoon Dijon mustard
- 1 large clove garlic, minced
- 1/2 cup olive oil

Combine all ingredients except the oil and mix well. While whisking, drizzle in oil very slowly in a steady stream until an emulsion is formed.

Makes 1 cup.

Clementine Vinaigrette

- 3 halo or Clementine oranges, peeled
- 1 teaspoon orange zest
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 1/4 cup olive oil

Combine oranges, orange zest, vinegar, lemon juice, salt and pepper in a blender. Blend until salt is dissolved. Add olive oil in a steady stream, whisking as it is added.

Store in a tightly sealed container and refrigerate until ready to serve.

Stir before using.

Coleslaw Dressings

- 1 cup mayonnaise
- 2 tablespoons honey
- 1-3 cloves garlic, to taste, crushed
- 1 teaspoon Bragg's Liquid Aminos
- 1-3 teaspoons poppy seeds

This is a basic coleslaw dressing. Use care when adding garlic the garlic. A little goes a long way. Use too much and you'll be saying I like a little coleslaw with my garlic.

Combine mayonnaise, honey, garlic, Bragg's Liquid Aminos and poppy seeds in a blender. Blend until smooth.

Country Dressing

- 2 teaspoons garlic
- 1 tablespoon sea salt
- 1 tablespoon red wine vinegar
- 1/4 cup olive oil

In a small bowl combine garlic, honey and salt to taste. Whisk until well mixed. Add the vinegar and then the oil. Whisk vigorously until blended.

Let stand for about 10 minutes before using.

Creamy Cucumber Dill Dressing

- 3/4-1 cup mayonnaise
- 1/4 cup olive oil
- +1 tablespoon olive oil
- 2 tablespoons lemon juice
- 1 cucumber, sliced
- 2 teaspoons dried dill weed
- 1 teaspoon garlic, minced
- 1/8-1/4 teaspoon dry mustard
- sea salt, to taste

More mainstream than most of these recipes, this makes an excellent classic dressing suitable for a lot of purposes.

Combine ingredients in blender. Blend until smooth.

Store in a tightly sealed container and refrigerate until ready to serve.

Stir before using.

Creamy Onion and Dill Dressing

- 2 tablespoons almond milk
- 1/2 cup sour cream
- 2-3 tablespoons lemon juice, or more for a tangier dressing
- 2 tablespoons olive oil
- 1 teaspoon honey
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon sea salt
- 2 green onions, chopped
- 1/2 teaspoon dried dill weed

Combine all the ingredients, except green onions and dill, in a food processor. Blend until smooth, scraping the sides of the food processor as needed.

Pour into bowl. Stir in green onions and dill.

Store in a tightly sealed container and refrigerate until ready to serve.

Cucumber Dill Dressing

Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Location 3335-3348). Houghton Mifflin Harcourt.

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Kindle Edition.

- 1 large cucumber, peeled and cut into chunks
- 1 handful fresh dill, washed and chopped
- 1 stalk celery, washed
- 1 lemon, juiced
- 1 tablespoon sunflower seeds or pine nuts, optional

Makes about 2 cups of rather perishable dressing. Use quickly. Store in a tightly sealed small mason jar.

Combine all ingredients in a blender. Blend until smooth and creamy starting on low and then moving up to high.

Cucumber Dressing

- 1 large cucumber, peeled and coarsely chopped
- 1 green onion, with tops, chopped
- 1 tablespoon lemon juice
- 1 tablespoon dried onion flakes
- 1/2 teaspoon Bragg's Liquid Aminos
- 1/2 cup sunflower seeds

Combine cucumber, green onion, lemon juice, dried onion flakes, Bragg's Liquid Aminos, and sunflowers in a food processor. Blend until smooth. If too thick, add water and re-blend until desired consistency is reached.

Emmale's Red Onion Dressing

- 1/2 cup orange juice
- 2 tablespoons red onion, minced
- 2 teaspoons cane sugar
- 2 teaspoons prepared mustard
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper

In a blender, combine orange juice, red onion, honey, mustard, salt and pepper. Blend until well emulsified, about 1 minute.

Store refrigerated in a sealed plastic container.

Stir before using.

Fit for Life House Dressing

- 1/4 cup olive oil
- 1 1/2 tablespoons lemon juice
- 1 teaspoon garlic, minced
- 1 teaspoon **Tahini**
- 1 tablespoon filtered water
- 1/2-1 teaspoon prepared mustard
- pepper, to taste
- sea salt, to taste

Place oil and lemon juice in a blender. Add garlic, **Tahini**, water and seasonings. Blend until smooth and creamy.

Store refrigerated in a tightly sealed container.

Shake before using.

French Dressing

- 1/4 cup olive oil
- 1 teaspoon garlic, minced
- 1 1/2 tablespoons lemon juice
- 1/2-1 teaspoon Dijon mustard
- 1 tablespoon ketchup, preferably made without high fructose corn syrup
- pepper, to taste
- sea salt, to taste
- 1 tablespoons mayonnaise, optional
- filtered water, optional

Place oil and garlic in a blender. Add lemon juice, mustard, ketchup and seasonings. Blend until smooth and creamy.

Optionally, add in mayonnaise and blend in, to thicken a bit, and water, if too thin if too thick.

Guacamole

- 2 teaspoons cane sugar or honey
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- 2 tablespoons ginger root, peeled and shredded
- 1/3 teaspoon sea salt
- 1 teaspoons ground ginger
- 1/3 cup olive oil

Combine the vinegar and lemon juice in a blender. Dissolve the sugar in the vinegar and lemon juice. Add the ginger root and salt.

Blend on high, using a spatula to scrape down the sides, to grind up as much fresh ginger root as possible. Drain contents through a sieve.

Add the ginger root powder. Start the blender and slowly pour in the olive oil. Blend until smooth and creamy.

Greek House Dressing

- 1/2 cup olive oil
- 1 1/4 teaspoons garlic powder
- 1 1/4 teaspoons dried oregano
- 1 1/4 teaspoons dried basil
- 1 teaspoon pepper
- 1 teaspoon sea salt
- 1 teaspoon onion powder
- 1 teaspoon Dijon mustard
- 2/3 cup red wine vinegar

In a blender combine the olive oil, garlic powder, oregano, basil, pepper, salt, onion powder, and Dijon mustard. Pour in the vinegar, and mix vigorously until well blended.

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Store tightly covered at room temperature.

Hawthorne Cranberry Dressing

- 1/2 cup red wine vinegar
- 1 tablespoon cranberries, thawed
- 1 teaspoon green onions, washed and sliced
- 1 teaspoon honey
- 1 tablespoon olive oil

Combine vinegar, cranberries, green onions and honey in a blender. Turn blender on slow. Slowly add oil while blending to combine.

Store in a tightly sealed container and refrigerate until ready to serve.

Herbed Tomato Dressing

- 2 tomatoes, washed and quartered
- 2 tablespoons sunflower seeds
- 1/2 teaspoon garlic, minced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried basil
- 1/4-1/2 cup olive oil
- 1 jalapeño pepper, washed and seeded and diced

Place ingredients in an blender. Blend until smooth. Add olive oil, a little at a time, and continue blending until a dressing-like texture is reached.

Store in a tightly sealed container and refrigerate until ready to serve.

Stir before using.

Honey Mustard Dressing

- 1/4 cup mayonnaise
- 1 tablespoon prepared mustard
- 1 tablespoon honey
- 1/2 tablespoon lemon juice

In a small bowl, whisk together the mayonnaise, mustard, honey, and lemon juice.

Store covered in the refrigerator.

Italian Dressing§

DRY MIX

- 1 tablespoon garlic salt
- 1 tablespoon onion powder
- 1 tablespoon cane sugar
- 2 tablespoons dried oregano
- 1 teaspoon pepper
- 1/4 teaspoon dried thyme
- 1 teaspoon dried basil
- 1 tablespoon dried parsley

- 1/4 teaspoon celery salt
- 2 tablespoons sea salt

DRESSING

- 1/4 cup white vinegar
- 2/3 cup olive oil
- 2 tablespoons filtered water
- 3 tablespoons of the DRY MIX

Once you've tried this dressing you won't ever want to buy bottled dressing again.

In a small bowl, mix together the garlic salt, onion powder, sugar, oregano, pepper, thyme, basil, parsley, celery salt and regular salt. Store in a tightly sealed container.

There will be more DRY MIX than is usually necessary to make dressing. The rest can be stored with your spices.

To prepare dressing combine 2 tablespoons of DRY MIX with DRESSING ingredients.

Blend until smooth, about 1 minute.

Store in a glass mason jar, covered, in the refrigerator. Shake before using to serve.

Lemon Vinaigrette

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (p. 202) Charisma House Kindle Edition

- 1/4 cup lemon juice
- 1/2 teaspoon lemon zest
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 1 large clove garlic, minced
- 3/4 cup olive oil

Combine all ingredients except the oil and mix well. While whisking, drizzle in oil very slowly in a steady stream until an emulsion is formed.

Makes 1 cup.

Lemon-Tarragon Vinaigrette§

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (p. 202) Charisma House Kindle Edition

- 1/4 cup lemon juice
- 1/2 teaspoon lemon zest
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 3/4 cup olive oil
- 1 tablespoon dried tarragon
- pinch of stevia, or to taste, optional

Combine all ingredients except the oil and tarragon in a blender and mix well.

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While blending, drizzle in oil very slowly in a steady stream until an emulsion is formed. Add tarragon and mix well. Once mixed add stevia to taste it too tart.

Makes 1 cup.

Olive Basil Dressing

- 2 tablespoons filtered water
- Bragg's Liquid Aminos, to taste
- 1/2 cup olives
- 1 onion, quartered
- 1/2 cup almond butter
- 1 tablespoon basil, minced
- 1/2 cup fresh dill weed, minced
- 1/4 teaspoon dried thyme

Combine ingredients in a blender. Blend until smooth. Add more water if dressing is too thick.

Store in a tightly sealed container and refrigerate until ready to serve.

Stir before using.

Orange French Dressing

- 3 tablespoons olive oil
- 1/4 cup filtered water
- 1/4 cup mayonnaise
- 1 medium tomato, diced
- 2 green onions, sliced
- garlic powder, to taste
- seasoned salt, to taste

Combine ingredients in blender. Blend until smooth.

Store in a tightly sealed container and refrigerate until ready to serve.

Stir before using.

Orange Poppy Seed Dressing

- 2/3 cup olive oil
- 1/4 cup lime juice
- 2 tablespoons orange juice
- 2 tablespoons orange zest
- 2 tablespoons honey
- 2 tablespoons onion, minced
- 1 tablespoons poppy seeds
- sea salt, to taste
- pepper, to taste

Combine all ingredients in a blender. Blend until smooth and creamy.

Store in a tightly sealed container and refrigerate until ready to serve.

Stir before using.

Poppy Seed Dressing

- 1/3 cup cane sugar
- 2 tablespoons vinegar
- 1 tablespoon lemon juice
- 1/2 teaspoon sea salt
- 1/2 teaspoon dry mustard
- 1/2 cup olive oil
- 1 tablespoon poppy seeds

Combine sugar, vinegar, lemon juice, salt and mustard in a mixing bowl. Gradually add oil beating on high with an electric mixer until thick and smooth. Stir in poppy seed.

Cover and refrigerate at least two hours before serving.

Red Rogue Dressing

A Celebration of Wellness, James Levin, M.D. and Natalie Cederquist, © 1992, page 102.

- 1 cup tomatoes, washed and chopped
- 1 tablespoon **Vegan Parmesan 'Cheese' Substitute**
- 3/4 cup filtered water
- 3 tablespoons olive oil
- 2 teaspoons garlic, minced
- 1/4 teaspoon pepper
- 1/2 teaspoon sea salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried dill weed

Add ingredients to a blender. Blend until smooth and creamy.

Store in a tightly sealed container and refrigerate until ready to serve.

Stir before using.

Strawberry Dressing§

- 1 cup strawberries, hulled, washed and sliced
- 1/3 cup orange juice
- 1 tablespoons lemon juice
- 1 tablespoons honey

Place strawberries, orange juice, lemon juice and honey in a blender. Blend until smooth.

Refrigerate and stir before serving.

Strawberry and Orange Poppy Seed Dressing

- 1/4 cup olive oil
- 2 tablespoons almond milk
- 1 teaspoon lemon juice
- pinch sea salt
- 1 tablespoon cane sugar
- 1 1/2 teaspoons orange zest
- 1/4 cup orange juice
- 2 teaspoons poppy seeds

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- 1 cup strawberries, hulled, washed and sliced
- additional orange juice, as needed, to thin

Combine ingredients in a blender. Blend until smooth and creamy. If too thick, add additional orange juice until desired consistency is reached.

Store, refrigerated, in a tightly sealed container.

Stir before using on salads.

Sun-Dried Tomato Dressing

- 1 tomato, washed and diced
- 1/3 cup onion, diced
- 1 clove garlic, minced
- 1/2 cup olive oil
- 1 tablespoon balsamic vinegar
- 1/2 cup sun-dried tomatoes
- 1 tablespoon dried basil
- 2 teaspoons cane sugar
- additional olive oil, optional

Combine all the ingredients in a blender. Blend until smooth and semi-liquid. If too thick, add more olive oil, 1 tablespoon at a time, until desired consistency is reached.

Sunshine “Eggless” Salad Dressing

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (p. 204) Charisma House Kindle Edition

- 1/2 filtered water
- 1/2 lemon juice
- 1 1/2 teaspoon ground turmeric
- 1 teaspoon sea salt
- 1 1/2 cups cashews
- 1/2 cup green onions, washed and chopped
- 1/2 cup celery, washed and chopped
- 1 cup red bell pepper, washed, seeded and chopped, optional

Place all ingredients (except diced green onion, celery, and red bell pepper) into a food processor, fitted with an S blade. Process until very smooth. Transfer to a bowl and stir in the green onion, celery, and red bell pepper. Mix well.

Serve as a dip with veggies or place onto romaine lettuce leaves for a quick and easy wrap.

Tarragon Cream Dressing

- 1 1/2 teaspoons prepared mustard
- 1 tablespoon mustard seeds
- 1 1/2 teaspoons dried tarragon
- 2 tablespoons balsamic vinegar
- 1/4 cup olive oil
- 2-3 tablespoons sour cream
- white pepper, to taste

- sea salt, to taste

Combine mustard, mustard seeds, tarragon and vinegar in a bowl. Whisk together. Slowly add the oil, a little at a time, allowing it to become incorporated. Whisk in the sour cream.

Season with salt and pepper. Allow to sit in the refrigerator at least 1 hour before using.

Stir before using.

Thousand Island Dressing

- 1 egg, boiled and chilled
- ice water
- 1 cup mayonnaise
- 1 tablespoon dried parsley
- 2 tablespoons dill pickle, diced
- 2 tablespoons ketchup, preferably made without high fructose corn syrup
- 1 teaspoon onion, minced
- 1/2 teaspoon paprika, or to taste
- additional mayonnaise, optional
- olive oil, optional

In this of a few rare occasions, I'm allowing for an animal product: Eggs. I don't have a viable substitute at this time. To be sure, most commercial Thousand Island dressings, especially the cheap ones, are made with high fructose corn syrup. Making your own not only eliminates this issue but it's a much better option than any commercial dressing—at least you know what's in it!

Boil egg until fully cooked. Cool in ice water, peel and set aside.

Combine remaining ingredients in a blender. Be very careful when adding paprika. One-half teaspoon is really pushing it. Add a little to start with. You can always add more but you can't remove too much. Blend until smooth and creamy, scraping sides of blender as necessary. Add diced egg and blend in.

If too thin, add more mayonnaise; if too thick, add a little olive oil. Store in a tightly sealed container and refrigerate until ready to serve.

Stir before using.

Three Day Coleslaw Dressing

- 2 teaspoons Bragg's Liquid Aminos
- 1/4 cup honey
- 1/2 cup lemon juice
- 1/4 cup olive oil

Combine ingredients in a blender. Blend until smooth.

Store in a tightly sealed container and refrigerate until

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ready to serve.

Stir before using.

Tomato Basil Dressing

- 2 cups tomatoes, washed and diced
- 1/3 cup fresh basil
- 1 small onion, diced
- 2/3 cup apple cider vinegar
- 1/2 cup filtered water
- 1/2 teaspoon sea salt
- 1/4 cup honey or cane sugar

Combine ingredients in a blender. Blend until smooth.

Touch of Italy Dressing

- 2 tablespoons filtered water
- 2 red bell peppers, washed and chopped
- 3 stalks celery, washed and chopped
- 1 cucumber, peeled and chopped
- 3 teaspoons garlic, minced
- 1 tablespoon Italian Seasoning
- 2-3 sprigs fresh parsley, minced
- extra filtered water, as needed, optional

Combine 2 tablespoons of water, peppers, celery, cucumber, garlic, Italian Seasoning, and parsley in a blender. Blend until smooth.

Add enough water to reach the desired consistency. Store refrigerated for at least 1 hour in a tightly sealed container.

Store in a tightly sealed container and refrigerate until ready to serve. Stir before using.

Zesty Italian Herb Dressing

- 1 1/2 | 3/4 cups olive oil
- 1/2 | 1/4 cup apple cider vinegar
- 3 | 1 1/2 tablespoons garlic, minced
- 1 | 1/2 small onion, minced
- 1/4 | 1/8 teaspoon celery seeds
- 1/4 | 1/8 teaspoon paprika
- 2 | 1 tablespoons Bragg's Liquid Aminos
- 1 | 1/2 tablespoon honey
- 1 1/2 | 3/4 teaspoon molasses
- 1/2 | 1/4 teaspoon dried basil
- 1/4 | 1/8 teaspoon ground thyme
- 1/2 | 1/4 teaspoon dried oregano
- 1/2 | 1/4 cup **Vegan Parmesan 'Cheese' Substitute**
- 1/4 | 1/8 teaspoon cayenne pepper, optional
- 1/4 | 1/8 teaspoon dry mustard

The original recipe makes a lot of dressing. I've included the original measurements and half measurements for when made with Raw Spinach with Mushrooms

salad.

Place all ingredients in a blender in the order indicated. Blend until smooth. Place in a pint glass jar and seal.

Refrigerate overnight.

Shake well before serving.

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