

# Vital Health

## Approved Salad Dressings

### **Italian Dressing**

½ cup Extra-Virgin Olive Oil  
2 Tbs. Fresh Squeezed Lemon Juice  
1 Tbs. Balsamic Vinegar  
1 tsp. Fresh Basil  
1 tsp. Fresh Parsley  
½ tsp. Sea Salt  
½ tsp. Fresh Oregano

Use a blender to combine the oil, lemon juice, vinegars, basil, parsley, salt, and oregano. Blend for 1 minute or until the dressing emulsifies.

### **Rosemary-Basil Vinaigrette**

1 Tbs. plus 1 tsp. Freshly Squeezed Lime Juice  
1 Tbs. Balsamic Vinegar  
1 Tbs. Honey  
¼ cup tightly packed fresh Basil Leaves (about 24 medium leaves)  
1 tsp. finely chopped fresh rosemary leaves  
¾ tsp. sea salt  
2/3 cup extra-virgin olive oil

Combine the lime juice, vinegar, honey, basil, rosemary, and salt in a blender and puree. With the motor running, slowly add the oil until emulsifies.

### **Creamy Raspberry Dressing**

¼ cup pure water  
¼ cup Dijon mustard  
2 Tbs. Apple cider vinegar  
6 Raspberries, fresh or frozen  
½ cup olive oil

Combine the water, mustard, vinegar, and raspberries in a blender and puree. With the motor running, slowly add the oil until emulsified.

### **Strawberry Dressing**

10-ounces fresh strawberries  
1 ½ large oranges, squeezed with pulp discarded (about ½ cup)

Use a blender to combine the strawberries and orange juice. Blend for 30 seconds until homogenous.

### **Red Wine Vinegar Dressing**

1 cup red wine vinegar  
2 Tbs. honey  
¼ cup dry mustard  
1 ½ tsp. sea salt  
4 cloves garlic, pressed  
¼ tsp. pepper  
¼ tsp. cayenne pepper  
3 cups olive oil

Combine in blender and puree.

### **Basic Vinaigrette Dressing**

½ cup olive oil  
¼ cup red or white vinegar  
½ tsp. Dijon mustard  
1/8 tsp. black pepper

Hint: substitute balsamic vinegar for the red or white vinegar. Add garlic or your favorite herbs as a variation.

### **Avocado Dressing**

1 Avocado  
1 Tbs. Lemon Juice  
1 Tbs. White Wine Vinegar  
1 Tomato  
1 tsp. Dijon Mustard  
Salt and Pepper to Taste

Blend avocado pulp and remaining ingredients in a blender till smooth and creamy.

### **Heirloom Tomato Salad Dressing**

3 cups chopped yellow/orange heirloom tomatoes  
1 generous sprig fresh basil leaves  
1 tsp. Real salt  
1/8 tsp. cayenne  
2 cloves garlic  
1/4 cup + 1 Tbs. apple cider vinegar  
1/2 cup extra virgin olive oil

Put all ingredients into the blender, and blend a full minute until mixture is creamy. Pour into a narrow neck bottle and shake well before serving. Refrigerate leftovers. Keeps about 5 days. Makes 3 1/2 cups.