

Detox-Friendly Salad Dressings

Lemon-Garlic Dressing

In food processor or chopper, combine 1/2 cup olive oil, juice of 1 lemon, and 3 cloves chopped garlic. Add Celtic sea salt and pepper. Blend until there are no garlic pieces left. Set aside in refrigerator.

Basil Salad Dressing

2 ounces fresh basil
¾ cup olive oil
½ tsp Celtic sea salt
½ tsp pepper
1 tsp lemon juice
Blend on high speed until smooth

Basic Italian Dressing

½ cup olive oil
¼ cup red wine or apple cider vinegar
½ teaspoon dried oregano
½ teaspoon dried basil
¼ teaspoon chili flakes
Celtic sea salt and black pepper to taste

Creamy Avocado Dressing

1 avocado
3 tablespoons olive oil
1 tablespoon lemon juice
½ cup water
¼ teaspoon Celtic sea salt
¼ teaspoon black pepper
Place avocado, olive oil, lemon juice and water in blender. Puree until smooth. Then blend in salt and pepper.

Creamy Onion Dressing

2 tablespoons red onion
¼ cup apple cider vinegar
1 tablespoon agave
1 teaspoon mustard powder
½ teaspoon Celtic sea salt
½ cup olive oil
Place onion, vinegar, agave, mustard and salt in a blender and puree on high speed for 20 seconds, until smooth. Turn on blender and drizzle in olive oil

Green Goddess Dressing

1 avocado
2 tablespoons olive oil
1 tablespoon apple cider vinegar
1 tablespoon lemon juice
½ teaspoon Herbes de Provence
½ teaspoon Celtic sea salt
3-5 drops stevia

1 cup water

Place all ingredients in a blender. Process on high speed until smooth and creamy.

AVOCADO DRESSING

2 ripe avocados, chopped

2 spring onions, finely chopped

1 clove garlic, minced

Lime juice, to taste (omit if you are sensitive to citrus)

Water, as needed for consistency

Celtic sea salt, to taste

½ teaspoon apple cider vinegar, optional

Blend and enjoy!

Nutty Green Salad Dressing

½ cup walnut oil

¼ cup red wine or apple cider vinegar

¼ cup balsamic or apple cider vinegar

1 tablespoon tahini

1 tsp Dijon mustard

1 tsp Celtic sea salt

¼ tsp paprika

Mix thoroughly and enjoy.

Healthy Salad Dressings

Homemade salad dressings are simple to make and very tasty. I usually make mine in my small food processor but you can also use a blender or magic bullet. These are all great to have on our Arbonne 28-Day Detox and Clean Eating Program!

Just add the base and acid then start your machine. Let it blend 1 – 2 minutes then add your emulsifier if you want one. An emulsifier will make your dressing creamy rather than thin. It will also help the base and acid hold together longer. If you don't add one, just shake up your dressing before adding it to your salad. Add any seasonings then mix for a 30 seconds to a minute more to blend. Store up to 7 days in fridge. YUM! Live great – Be Healthy! Bon Appetit! Kathie Ray/Arbonne



BASE 1/3 Cup

Choose from any healthy oils such as olive, flaxseed, or avocado
Other choices are Almond Dream yogurt or tahini



ACID 2 Tablespoons

Choose from citrus fruits or use Bragg's Apple Cider Vinegar



Emulsifier 1 teaspoon to 1 Tablespoon

(Depending on how creamy and what flavor you want)
Mashed avocado, Coleman's mustard powder, local raw honey and egg yolks are great natural emulsifiers



Add Seasonings

A pinch, a teaspoon, add a bit then taste until you get the flavor you want
Sea Salt, freshly ground pepper, cayenne, basil, oregano, celery seed – just go crazy!



Quickie Recipe 1: 1/3 cup olive oil, 2 T. Bragg's, ¼ tsp sea salt, 1 tsp dried oregano, pinch of cayenne

Quickie Recipe 2: 1/3 cup olive oil, 2 T. Bragg's, 1 – 2 T. mashed avocado, ½ tsp celery seed, ¼ tsp sea salt, pinch of cayenne