



Debbie Romano  
708-267-1413  
eMail: FHHealthyHeartbeats@gmail.com

## **EASY AND TASTY WFPB SALAD DRESSING/SAUCE RECIPES**

### **Homemade Mustard Dressing**

(double recipe and save dressing for another meal)

- ¼ cup dijon mustard
- 1 tbsp. white vinegar or favorite vinegar
- ¼ avocado
- ¼ cup nutritional yeast
- 1 tsp. of yellow mustard
- 1 tbsp. lemon juice

### **Avocado Dressing**

(can use to massage into chopped kale salad)

- 1 avocado
- Pinch of garlic powder
- ¼ cup lime juice

Pour mixture over chopped kale and spinach, take your hands and massage into the greens. Add favorite raw veggies with mandarin orange slices, raisins and almonds for additional fiber.

### **Green Leafy-Creamy Spinach Sauce**

(great to pour over salads, brown or wild rice, quinoa or whole grain pasta)

- ¾ cup raw cashews
- 4 cups fresh baby spinach
- ½ cup nutritional yeast
- 1 large fresh lime juiced
- ¾ cup of water or more
- ½ tsp. garlic powder
- ½ tsp. sea salt
- Pinch of black pepper

### **Organic Peanut Butter Dressing**

(make sure ingredient label is organic peanuts only)

- ¼ cup organic peanut butter
- ¼ cup coco aminos
- 2 tbsp. apple cider vinegar
- Pinch of sea salt and pepper

## **Tasty Green Pesto Sauce**

(different sauce for pasta, great to pour over steamed or roasted veggies)

2 cups fresh baby spinach

2 cups fresh chopped kale (if you don't like the taste of kale substitute with spinach)

¼ cup raw cashews

1 tbsp. dried basil

¼ cup fresh parsley

2 tbsp. water (add more for thinner sauce)

½ lime juiced

½ tsp. sea salt

¼ tsp. black pepper

1 tsp. minced garlic

## **Amazing Almond Butter Dressing**

(great over cold salads or mixture of shredded cabbages)

¼ cup coconut aminos

2 tbsp. almond butter

2 tbsp. lime juice

1 tsp. Ginger

1 heaping tbsp. pure maple syrup

## **Tahini Dressing with Fresh Lemon Juice**

(great over roasted/steamed/sauteed veggies or a nice big leafy green salad with chickpeas)

2 tbsp. tahini

1 tbsp. or more water to thin dressing

2 tbsp. nutritional yeast

½ lemon juiced

½ tsp. sea salt

¼ tsp. black pepper

## **Salsa My Salad Sauce**

(do not put in blender, smash avocado and mix rest of ingredients; pour over chopped salads, bean burritos, wild rice, lentil or bean lettuce cups)

1 cup of favorite salsa mixture from a jar (or feel free to make your own salsa)

½ avocado

1 small can of green mild chile peppers

½ cup chopped roasted red peppers (can buy this in jar too)

¾ cup cooked non-gmo organic corn

## **Tips**

Try this tasty, homemade dairy free 'Parmesan' cheez to sprinkle on top of many dishes. (For both options, blend in Vitamix or Magic Bullet)

¼ cup roasted sunflower seeds, ¼ cup nutritional yeast, ¼ tsp. sea salt

or

⅓ cup nutritional yeast, ¼ cup raw almond slivers, ¾ cup raw cashews, ½ tsp. garlic powder, ½ tsp. sea salt

Feel free to add a little bit more of what your taste prefers into each recipe. For example, I love dijon mustard, so I will add more to my sauce mixture. Mix all your sauces until blended well. Most sauces need a heavy duty blender, such as Vitamix or Magic Bullet. Some sauces can just be mixed with a spoon or fork. Also, experiment by adding nutritional yeast into many sauces or use by itself.

**ENJOY AND FEEL THE HEALTH!**