

Make Your Own Dressing

The Vinaigrette Formula:

3 parts fat + 1 part acid + seasoning, sweets and salts

The How-To: It's simple! Just mix all the ingredients together except for the oil in a blender, or in a bowl with a whisk. While whisking, or with the blender running, gradually drizzle the oil in the dressing. Make sure to shake or mix well again before serving!

For example: Basic Balsamic Vinaigrette = 3 Tbsp. olive oil (fat) + 1 Tbsp balsamic vinegar (acid) + 1 teaspoon minced (crushed) garlic (seasoning) + 1 teaspoon honey (sweets) + 1/8 teaspoon salt (salt)

Use this chart for unlimited dressing ideas

Quality Fats	Acids	Seasonings	Salts	Sweets
Olive Oil	Balsamic Vinegar	Garlic	Parmesan	Fruit
Sesame Oil	Red/White Wine Vinegar	Ginger	Cheese	Honey
Avocado Oil	Rice Vinegar	Dried Spices	Olives	Fruit Juice
Canola Oil	Apple Cider Vinegar	Fresh Herbs	Capers	
Flaxseed Oil	Lemon Juice	Shallot	Salt	
Avocado Puree	Orange Juice	Dijon Mustard	Black Pepper	
Plain Yogurt	Pineapple Juice			
Tahini	Lime Juice			

Vinaigrette Variations

Lemon	Sesame Ginger	Dijon
3 Tbsp. Olive Oil	3 Tbsp. Sesame Oil	3 Tbsp. Olive Oil
1 Tbsp. Lemon Juice	1 Tbsp. Rice Vinegar	1 Tbsp. Red Wine Vinegar
1 tsp. Fresh Thyme	1/2 tsp. Grated Ginger	1 tsp. Dijon Mustard
1 tsp. Sugar	1 tsp Minced (crushed) Garlic	1 tsp. Minced (crushed) Garlic
1/8 tsp. Salt	1 tsp. Honey	1 tsp. Honey
to taste Black Pepper	1/8 tsp. Salt	1/8 tsp. Salt
	to taste Black Pepper	to taste Black Pepper

Making your own dressing is simple, and home made dressings contain less sugar, salt, and additives than those you buy in the store. Remember to limit your sugar intake (“sweets”) when making your dressings.

You can customize your own dressing with quality oils, acids, and flavor boosters such as herbs, spices and condiments!

