

HEALTHY FREE LIFE

Eating & Living... for the Glory of God

Salad Dressings

Created by Healthy Free Life



Salad Dressings

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Revitalize your salads with our homemade dressing recipes, focusing on the health benefits of olive and avocado oils. Unlike store-bought options often made with 'Hateful 8' oils, our dressings ensure you enjoy the best in taste and health. They're easy to make, cost-effective, and far superior in flavor. These recipes not only add a burst of flavor to your salads but also align with your commitment to using nourishing, high-quality ingredients. Embrace the joy of creating your own delicious dressings and experience the difference in every salad you savor.



SALAD DRESSING

LET'S TALK SALAD DRESSINGS

Many salad dressings out there are made with damaging oils like soy, canola, corn, "vegetable", sunflower and safflower, etc. Even the "organic," "healthy" dressings have bad oils in them.

When looking for a salad dressing, look closely at the ingredient list. Look for ones that are made with healthy oils like avocado and olive oil. Look at the ingredients carefully because sometimes they sneak in unhealthy oils in with the healthy.

#KatrinaApproved brands are Primal Kitchen, Chosen Foods, some Brianna's varieties (read labels!), and Mother Raw.

If you have a specialty "Oil & Vinegar" shop near you, I encourage you to venture in and pick out some yummy oils and vinegars. Ask about their store favorites and combos.

We encourage you to make your own using the Salad Dressing Formula on the next page, one of the included recipes, or your own recipe.

Be a Realist not Purist

BUT! Here's the thing... making your own dressing takes time and is another friction step in eating salad. AND the approved salad dressings are not nearly as yummy as Wishbone and Hidden Valley Ranch, etc. If, in the beginning, you want to use your favorite store-bought dressing, that is ok. You can upgrade in the future when salads are easy.



SALAD DRESSING

SALAD DRESSING FORMULA: 1 SERVING

- 1 - 2 TBSP olive oil
- 1 - 2 TBSP of an acidic:
 - vinegars like apple cider, balsamic, flavored
 - lemon or lime
- salt & pepper
- honey, tiny drizzle if needed for sweetness

SALAD DRESSING FORMULA: BIG BATCH

- 3/4 cup olive oil
- 1/2 cup acidic (adjust to taste):
 - vinegars like apple cider, balsamic, flavored
 - lemon or lime
- 1/4 - 1/2 tsp salt
- 1/4 - 1/2 tsp pepper
- 2 TBSP honey if needed for sweetness

Mix ingredients together in a bowl via whisk or fork, or use a salad dressing blender/shaker. Store in fridge in airtight container. A serving size is 2 - 4 TBSP.

SALAD DRESSING RECIPES

Unless otherwise noted, mix ingredients together in a bowl via whisk or fork, or use a salad dressing blender/shaker. Store in fridge in airtight container.
A serving size is 2 - 4 TBSP.

Drizzle Dressing

serves 1. No need to mix. Drizzle it.

2 TBSP Olive Oil
1-2 tsp Honey, if desired
Pick one, add to taste:
 lemon, balsamic or apple
 cider vinegar

Balsamic Honey

1/4 cup Balsamic vinegar
3 TBSP Shallots, thinly sliced (optional)
1 TBSP Honey
1/3 cup Extra-virgin olive oil

Mom's Ranch Dressing

1/2 cup Mayo (olive oil, avocado oil)
1/2 cup Plain, full-fat yogurt
1/4 tsp Garlic powder
1/2 tsp Onion powder
1 tsp Parsley

Lemon Honey

2 Lemons, juice only
1/2 cup Olive Oil
1/3 cup Honey
2 tsp Oregano, dried
2 tsp Garlic, minced
½ tsp Black pepper
 Salt to taste

Maple Cider Vinaigrette

1/4 cup Apple cider vinegar
1/3 cup Olive oil
1 TBSP Dijon or whole grain mustard
2 TBSP Maple syrup
1/4 tsp Salt
1/4 tsp Pepper

Italian Vinaigrette

1/4 cup Red wine vinegar
1/2 cup Olive oil
1 TBSP Italian seasoning
1 TBSP Dijon mustard (optional)
1/4 tsp Salt
1/4 tsp Pepper

Olive Garden Copy Cat

9 ingredients · 5 minutes · 4 servings

Directions

1. Mix all ingredients together. Enjoy!

Ingredients

2 Garlic (cloves, minced)
1 **tbsp** Whole Grain Mustard
1/2 **tsp** Cane Sugar (optional)
3/4 **tsp** Dried Basil
3/4 **tsp** Oregano (dried)
1/4 **tsp** Black Pepper
1/2 **tsp** Sea Salt
1/4 **cup** Red Wine Vinegar
1/4 **cup** Extra Virgin Olive Oil

Nutrition

Amount per serving

Calories	130	Sugar	1g
Fat	14g	Protein	0g
Carbs	2g	Sodium	315mg
Fiber	0g		

Carrot Ginger Dressing

7 ingredients · 5 minutes · 8 servings



Directions

1. Add all ingredients to a high speed blender. Blend for about a minute, gradually increasing the speed until very smooth.
2. Refrigerate until ready to use. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to a week. Shake well before serving.

Serving Size

One serving is approximately three tablespoons of dressing.

Carrots

One medium carrot chopped is equal to approximately 1/2 cup chopped carrots.

No Applesauce

Use a liquid sweetener of choice to taste.

No Rice Vinegar

Use apple cider vinegar instead.

No Red Onion

Use green onion instead.

Ingredients

- 1 Carrot (medium, peeled and chopped)
- 1/2 cup Orange Juice (freshly squeezed)
- 1/4 cup Rice Vinegar
- 2 tbsps Coconut Aminos
- 2 tbsps Unsweetened Applesauce
- 1 1/2 tbsps Red Onion (finely chopped)
- 1 1/2 tsps Ginger (fresh, grated)

Nutrition

Amount per serving

Calories	17	Sugar	3g
Fat	0g	Protein	0g
Carbs	4g	Sodium	73mg
Fiber	0g		

Cilantro Lime Dressing

7 ingredients · 5 minutes · 8 servings



Directions

1. Add all of the ingredients into a blender and blend until completely smooth.
2. Season with additional salt or lime juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to 2 tablespoons of dressing.

No Coconut Milk

Use almond milk or unsweetened oat milk instead.

Serve it With

Raw vegetables, on salads or on burgers.

Ingredients

- 1/2 Avocado (sliced)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1 tsp Ground Ginger
- 2 tbsps Lime Juice
- 1/4 cup Cilantro (finely chopped)
- 1/2 cup Canned Coconut Milk

Nutrition

Amount per serving

Calories	78	Sugar	0g
Fat	8g	Protein	0g
Carbs	2g	Sodium	300mg
Fiber	1g		

Coconut Ranch Dressing

6 ingredients · 5 minutes · 8 servings



Directions

1. Add all ingredients to a jar and shake until well combined. Refrigerate until ready to serve.

Notes

Leftovers

Refrigerate in an airtight container for up to seven days.

Serving Size

One serving is equal to approximately 2.5 tablespoons of dressing.

More Flavor

Use fresh herbs instead of dried.

No Coconut Milk

Use coconut yogurt, sour cream, Greek yogurt, mayonnaise or buttermilk instead.

Ingredients

1 cup Canned Coconut Milk (full fat, refrigerated overnight)

1/4 cup Avocado Oil

2 tbsps Apple Cider Vinegar

1 tbsp Dried Chives

1/2 tsp Onion Powder

1 tsp Sea Salt

Nutrition

Amount per serving

Calories	116	Sugar	0g
Fat	12g	Protein	0g
Carbs	1g	Sodium	303mg
Fiber	0g		

Coconut Lime Dressing

4 ingredients · 5 minutes · 2 servings



Directions

1. Add all the ingredients into a food processor. Blend until smooth, scraping down the sides as needed.
2. Adjust the salt and lime juice to your preference. Add water to loosen, if desired (optional). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1/3 cup.

Additional Toppings

Add red pepper flakes, wasabi paste, or green onion.

Ingredients

3/4 cup Unsweetened Coconut Yogurt

1/2 cup Cilantro (stems removed)

1 tsp Lime Juice

1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	43	Sugar	0g
Fat	3g	Protein	0g
Carbs	5g	Sodium	315mg
Fiber	1g		

Maple Tahini Dressing

5 ingredients · 5 minutes · 4 servings



Directions

1. Whisk all ingredients together in a mixing bowl. Season with additional salt if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

Notes

Leftovers

Refrigerate in an airtight container for up to seven days.

Serving Size

One serving is equal to approximately two tablespoons.

Too Thick

If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.

Ingredients

1/4 cup Tahini

2 tbsps Maple Syrup

1 1/2 tbsps Lemon Juice

2 tbsps Water (warm)

1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	117	Sugar	6g
Fat	8g	Protein	3g
Carbs	10g	Sodium	166mg
Fiber	1g		

Ginger Lime Dressing

3 ingredients · 5 minutes · 2 servings



Directions

1. Combine all ingredients in a small bowl. Refrigerate until ready to use. Enjoy!

Notes

Ingredients

- 2 **tbps** Coconut Aminos
- 1 **tbps** Lime Juice
- 1/2 **tsp** Ginger (fresh, grated or minced)

Nutrition

Amount per serving

Calories	17	Sugar	3g
Fat	0g	Protein	0g
Carbs	4g	Sodium	270mg
Fiber	0g		

Spicy Mango Dressing

6 ingredients · 5 minutes · 8 servings



Directions

1. Add all ingredients to a food processor and blend until smooth.
2. Season with additional salt if needed. Transfer to an airtight container or jar and keep refrigerated until ready to use.

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately two tablespoons of dressing.

More Flavor

For an extra spicy dressing add more red pepper flakes or a dash of hot sauce. For a less spicy dressing reduce the amount of red pepper flake and add a splash of maple syrup.

Mango Size

One small mango is approximately 3/4 cup chopped mango.

Ingredients

- 1 Mango (small, chopped)
- 3 tbsps Water
- 2 tbsps Apple Cider Vinegar
- 1 Garlic (clove, small, minced)
- 1/2 tsp Red Pepper Flakes
- 1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	27	Sugar	6g
Fat	0g	Protein	0g
Carbs	7g	Sodium	38mg
Fiber	1g		

Hummus Dressing

5 ingredients · 5 minutes · 4 servings



Directions

1. Add all ingredients to a jar, cover, and shake well until smooth and creamy. Refrigerate until ready to use. Enjoy!

Notes

Leftovers

Store covered jar in the fridge for up to 5 days.

Serving Size

One serving is equal to approximately two tablespoons of dressing.

More Flavor

Add garlic powder or garlic cloves.

Ingredients

1/3 cup Hummus

1 tbsp Lemon Juice

1 tsp Dijon Mustard

3 tbsps Water

1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	51	Sugar	0g
Fat	4g	Protein	2g
Carbs	3g	Sodium	249mg
Fiber	1g		

Vegan Ranch Dressing

10 ingredients · 10 minutes · 8 servings



Directions

1. In a high-powered blender, combine everything except the parsley and chives. Blend until smooth and creamy and transfer into a jar.
2. Stir in the parsley and chives until well distributed. Cover and store in the fridge until ready to use. Enjoy!

Notes

Serving Size

One serving is equal to approximately two tablespoons of dressing.

Serve it With

Veggie sticks for dipping or as a spread on burgers, sandwiches, or wraps. Make it a bit thinner in consistency and use it as a salad dressing.

Leftovers

Keeps well in the fridge up to 4 to 5 days.

Ingredients

1 cup Cashews (raw)
1/2 cup Water
1 tbsp Nutritional Yeast
3/4 tsp Sea Salt
1 tbsp Apple Cider Vinegar
3 tbsps Tahini
1 tsp Garlic Powder
1 tsp Onion Powder
1/4 cup Parsley (finely chopped)
1/4 cup Chives (finely chopped)

Nutrition

Amount per serving

Calories	140	Sugar	1g
Fat	11g	Protein	4g
Carbs	8g	Sodium	236mg
Fiber	1g		