

Salad Dressings

HONEY & LEMON VINAIGRETTE

100ml extra virgin olive oil
1 tbsp apple cider vinegar
2 tbsp lemon juice
1 tbsp. Honey
2 garlic cloves, finely
chopped
Salt and pepper



TAHINI ORANGE DRESSING

Juice and zest of 1 orange
1 garlic clove
¼ tsp. salt
2 tbsp. tahini paste
1 tbsp. honey
1 tbsp. extra virgin olive
oil
**Add water for desired
consistency*

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MUSTARD DRESSING

3/4 cup natural yogurt
2 tbsp. Lemon juice
1 tbsp. apple cider vinegar
2 tbsp Dijon mustard
Salt & pepper
**Add water for desired consistency*



GREEN GOODNESS

1 avocado
1 garlic clove
Juice of ½ lemon
Handful of chopped chives
Handful of parsley
1 tbsp. fresh tarragon
Salt & pepper
**Add water for desired consistency*

KALE PESTO

2 garlic cloves
2 handfuls of basil
1 handful kale
2 tbsp. olive oil
Juice of 1 lemon
¼ cup pumpkin seeds
Salt & pepper



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TURMERIC DRESSING

2 tbsp tahini
1 tbsp almond butter
4 tbsp. fresh lemon juice
1 tbsp. olive oil
1 tsp. ground turmeric
½ tsp. cumin
Salt and pepper
**Add water for desired consistency*



CORIANDER HUMMUS

400g can chickpeas,
drained & rinsed
2 garlic cloves crushed
2 tbsp tahini
½ tsp. salt
Zest and juice of 1 lime
2 tbsp extra virgin olive oil
**Add all ingredients into a food processor and pulse until thick and creamy.*