

Creamy Almond Salad Dressing + Two Other Recipes That'll Make You Crave Salads



Hot tip: learn to make a couple of incredible salad dressings and you'll never have to force yourself to eat more greens again. This creamy almond salad dressing, fresh citrus dressing and umami ginger sauce from celeb chef and

[nutritionist Serena Poon](#) will transform the way you look at romaine and spinach forever...

One of the most common misconceptions about maintaining a healthy lifestyle, or meal plan, is that it will take up a lot of time to prepare good options and that the options are limited or boring. These three dressings are just a few of the ones that I usually like to have in my refrigerator at any given time, so that I always have a variety of options for quick meals and snacks. Versatile salad dressings is just one of the many ways that I love to use to spice up the menu.

As a celebrity chef and nutritionist, I have had the opportunity to work with some of the most disciplined and focused people in the world! However, even amongst the most results-driven individuals I know, a few recurring challenges usually arise that require a little extra attention: time and boredom.

There is an assumption that delicious food takes a long time to create; that healthy food requires more effort than not-so-healthy food; that healthy food gets boring. I love to equip people with simple solutions that addresses both of these issues — versatile salad dressings. As most of my clients know, dressings and dips are one of my secrets to maintaining a healthy lifestyle. Salad dressings can also be used as marinades or dipping sauces, and are one of the

best ways to minimize prep time in the kitchen, while still maximizing menu variety.

3 Healthy Homemade Salad Dressings

the Creamy Almond Addiction

Makes 2.5 cups

Ingredients:

1 cup filtered or alkaline water

½ cup raw organic almonds (soaked overnight and drained)

5 oz organic avocado oil (I like cold-pressed)

1 tsp raw organic apple cider vinegar

3 oz fresh squeeze organic lemon juice

2 tsp coconut aminos (or Braggs liquid aminos)

2 cloves of garlic, halved with the inner seed removed

3 Tbsp nutritional yeast

½ tsp cumin power

½ tsp chili powder

½ tsp Himalayan pink salt

¼ tsp Paprika

¼ tsp coriander

Directions:

Place all ingredients (starting with the almonds first) into a Vitamix blender. Using the manual speed, begin by blending the mixture slowly until all ingredients are incorporated, then gradually increase the speed until a smooth and creamy

consistency. (For a thicker dip-like consistency, use 2.5 ounces less water.) Store in an airtight glass container in refrigerator for up to 5 days. Drizzle over salads or roasted vegetables; use as a dip for crudité and crackers; excellent as a marinade for any protein.

Tamari + Sesame dressing

Makes 8 servings

Ingredients:

3 Tbsp Tamari (or if using coconut aminos, 5 Tbsp)

2.5 Tbsp toasted sesame oil

1.5 Tbsp grade A light maple syrup

2 Tbsp sesame seeds, toasted

1 Tbsp fresh ginger, finely minced

3 garlic cloves, finely minced

2 Tbsp sesame seeds, toasted

2 stalks of organic green onion, thinly sliced

Directions:

Combine first 7 ingredients into a bowl and whisk together.

Add the green onions and stir. Store in an airtight glass container in the refrigerator for up to 7 days.

Hemp + Citrus vinaigrette

Makes 8 servings

Ingredients:

3 oz red wine vinegar

3 Tbsp fresh squeezed organic orange juice

1 Tbsp fresh squeezed organic lemon juice

2 oz extra-virgin olive oil

2 Tbsp Dijon mustard

1 Tbsp Grade A light maple syrup (or raw honey)

pinch freshly ground black pepper

pinch Himalayan pink salt

2 Tbsp Raw organic hemp seeds

Directions:

Combine first 7 ingredients into a bowl and whisk together.

Add the hemp seeds and stir. Store in an airtight glass container in the refrigerator for up to 5 to 7 days.