



FOOLPROOF GUIDE TO HOMEMADE SALAD DRESSINGS

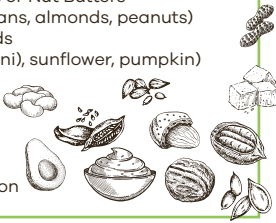
PLANTSTRONG SALAD DRESSING GUIDE

Use this handy matrix to create a simple, delicious oil-free salad dressing at home.

1.) CHOOSE AT LEAST ONE ELEMENT FROM EACH QUADRANT

FAT - ROUGHLY 1 CUP

- Blended Nuts or Nut Butters (walnuts, pecans, almonds, peanuts)
- Blended Seeds (sesame (tahini), sunflower, pumpkin)
- Avocado*
- Beans*
- Hummus*
- Silken Tofu*



*Nut Free Option

SALT - 2 TBSP

- Miso
- Ume Vinegar
- Tamari
- Low-Sodium Soy Sauce



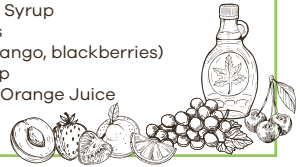
SOUR - 1 TBSP

- Lemon
- Lime
- Vinegar (any kind - ACV, red wine, balsamic)



SWEET - TO TASTE (OPTIONAL)

- Dates/Date Syrup
- Fresh Fruits (cherries, mango, blackberries)
- Maple Syrup
- Squeeze of Orange Juice



2.) THIN TO DESIRED CONSISTENCY WITH WATER OR ALTERNATIVE MILK

3.) OPTIONAL - ENHANCE WITH YOUR FAVORITE FLAVORS

- Fresh or dried herbs (dill, basil, parsley, chives)
- Spices (black pepper, turmeric, cumin, red chili flakes, powdered ginger)
- Favorite condiments (hot sauce, mustard)



THINK OUTSIDE THE BOTTLE

In a pinch, the following items will also make great salad dressings - hummus, salsa, leftover chilis, soups, chutneys, relish, etc. Get creative!