



60 Days to Reclaim YOUR Health

CREAMY GREEN DRESSING

By Karen Lemonds as found in *Dressings for Life* by Rhonda Malkmus

Ingredients

1/2 medium avocado, peeled and pitted
3 Tbsp fresh lemon juice
1/4 tsp garlic powder
salt to taste

3/4 cup distilled water
1/4 cup almonds soaked overnight and drained
1-1/4 tsp onion powder or flakes
stevia to taste

Directions

Blend all ingredients until smooth.

RANCH DRESSING

By Chef Bill Paul as found in *Dressings for Life* by Rhonda Malkmus

Ingredients

14 oz jar Vegemise
2 Tbsp granulated garlic

1/4 cup raw apple cider vinegar
4 Tbsp dried parsley

Directions

1. Place all ingredients in a bowl and mix well.
2. Store in a covered container for 7 to 10 days.

CHEF PAUL'S ITALIAN DRESSING

By Chef Bill Paul as found in *Dressings for Life* by Rhonda Malkmus

Ingredients

1/2 cup balsamic vinegar
1 Tbsp Italian seasoning

1/2 cup extra virgin olive oil
1/2 Tbsp fresh garlic, peeled and chopped

Directions

Place all ingredients in a covered jar and shake well.



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RASPBERRY VINAIGRETTE

By Rhonda Malkmus

Ingredients

3/4 cup raspberries (fresh or frozen)
1/4 cup organic apple juice
1 Tbsp Dijon mustard (optional)

1/4 cup apple cider vinegar
2 Tbsp sweetener (raw unfiltered honey or agave nectar)
1/4 cup extra virgin olive oil

Salad:

spinach
handful of walnuts

mandarin oranges
onions, chopped or ringed

Top with Raspberry Vinaigrette