



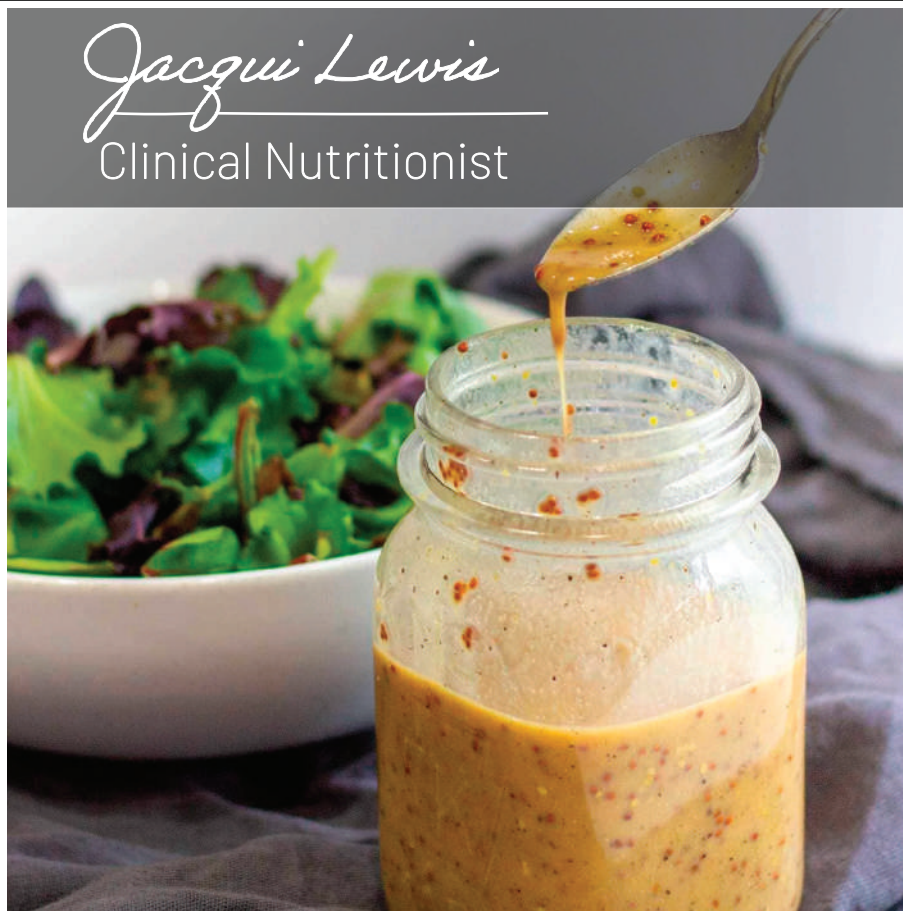
bnmulti.com



HEALTHY SALAD DRESSING RECIPES



Jacqui Lewis
Clinical Nutritionist



bnmulti.com



07 3501 0323



www.bnmulti.com



support@bnmulti.com

Healthy Salad Dressing Recipes You can make at home

Store-bought dressings and sauces are packed with added sugar and preservatives - hidden calories you don't need! Homemade versions mean you can control the amount of sugar you add to them and keep them fresh, nutritious and healthy!

Skip the bottled stuff, and use these healthy salad dressing recipes to make your own at home for a fraction of the cost!

Join our Community **BN BARIATRIC**


A group where you can find the support you need during your WLS journey.
Great info by expert nutritionists
Fun games and prizes
Evidence-Based support, including motivation and inspiration to sort the wheat from the chaff

JOIN NOW



NUTRITIONAL SUPPLEMENTS

Creating a healthier you!

 Monday to Friday 9am-5pm

 07 3501 0323



MULTI-VITAMINS



WLS PROTEIN & FIBRE



MEAL REPLACEMENT



PORTION CONTROL



SHAPEWEAR



BOOKS

Greek Yoghurt Ranch Dressing



Ingredients:

3/4 cup whole milk plain Greek yoghurt
1 clove garlic, finely minced OR 1
teaspoon garlic powder
1/4 cup fresh minced parsley OR 1
tablespoon dried parsley
1/4 medium onion, diced (about 2
tablespoons) OR 2 teaspoons onion
powder

2 tablespoons fresh minced chives OR 1
tablespoon dried chives
1 teaspoon salt
1/4 teaspoon black pepper
2 teaspoons dijon mustard
Juice of 1/2 lemon (about 2 tablespoons)
1/4 cup–1/2 cup buttermilk

Instructions:

Combine all ingredients in a jar with a tight-fitting lid, shake until well combined. Alternatively, for thicker dressings like the ranch or Italian, you can combine all ingredients in a food processor or blender and pulse until well combined and smooth.

Refrigerate and let flavors blend for at least 30 minutes, preferably 2 hours, before serving.

Notes:

You can swap out the olive oil for any other mild-flavored oil (like avocado oil!). If you're using unseasoned rice vinegar or low sodium soy sauce, check for seasoning and then add more salt to taste

Chilli-Lime Salad Dressing



Ingredients:

Zest and juice of 2 limes (about 4 tablespoons juice and 3 teaspoons zest)
1/4 cup red wine vinegar
1 tablespoon soy sauce
1 tablespoon honey

1/3 cup extra virgin olive oil
1 clove garlic, finely minced OR 1 teaspoon garlic powder
1/2 teaspoon red pepper flakes
1 teaspoon ground cumin
1/2 teaspoon salt

Instructions:

Combine all ingredients in a jar with a tight-fitting lid, shake until well combined. Alternatively, for thicker dressings like the ranch or Italian, you can combine all ingredients in a food processor or blender and pulse until well combined and smooth.

Refrigerate and let flavors blend for at least 30 minutes, preferably 2 hours, before serving.

Notes:

You can swap out the olive oil for any other mild-flavored oil (like avocado oil!). If you're using unseasoned rice vinegar or low sodium soy sauce, check for seasoning and then add more salt to taste

Honey Mustard Salad Dressing



Ingredients:

1/4 cup dijon mustard
1/4 cup honey
1/4 cup apple cider vinegar
1/4 cup extra virgin olive oil

1 teaspoon salt
1/4 teaspoon black pepper

Instructions:

Combine all ingredients in a jar with a tight-fitting lid, shake until well combined. Alternatively, for thicker dressings like the ranch or Italian, you can combine all ingredients in a food processor or blender and pulse until well combined and smooth.

Refrigerate and let flavors blend for at least 30 minutes, preferably 2 hours, before serving.

Notes:

You can swap out the olive oil for any other mild-flavored oil (like avocado oil!). If you're using unseasoned rice vinegar or low sodium soy sauce, check for seasoning and then add more salt to taste

Italian Salad Dressing



Ingredients:

2/3 cup extra virgin olive oil
1/4 cup red wine vinegar
3 tablespoons finely grated parmesan
1 tablespoon fresh minced parsley OR
2 teaspoons dried parsley
1/4 medium onion, diced (about 2
tablespoons) OR 2 teaspoons onion
powder

Juice of 1/2 lemon (about 2 tablespoons)
1 tablespoon fresh minced basil OR 2 teaspoons
dried basil
1 tablespoon fresh minced oregano OR 2
teaspoons dried oregano
1 clove garlic, finely minced OR 1 teaspoon garlic
powder
1 teaspoon honey
1 teaspoon salt
1/4 teaspoon black pepper

Instructions:

Combine all ingredients in a jar with a tight-fitting lid, shake until well combined. Alternatively, for thicker dressings like the ranch or Italian, you can combine all ingredients in a food processor or blender and pulse until well combined and smooth.

Refrigerate and let flavors develop for at least 30 minutes, preferably 2 hours, before serving.

Notes:

You can swap out the olive oil for any other mild-flavored oil (like avocado oil!). If you're using unseasoned rice vinegar or low sodium soy sauce, check for seasoning and then add more salt to taste

Greek Yoghurt Blue Cheese Dressing



Ingredients:

1/2 cup whole milk, plain Greek yoghurt
2 tablespoons buttermilk
Juice of 1/2 lemon (about 2 tablespoons)
1 teaspoon Worcestershire sauce

1/2 cup finely crumbled blue cheese
1/2 teaspoon salt
1/4 teaspoon black pepper
1 clove garlic, finely minced OR 1 teaspoon garlic powder

Instructions:

Combine all ingredients in a jar with a tight-fitting lid, shake until well combined. Alternatively, for thicker dressings like the ranch or Italian, you can combine all ingredients in a food processor or blender and pulse until well combined and smooth.

Refrigerate and let flavors blend for at least 30 minutes, preferably 2 hours, before serving.

Notes:

You can swap out the olive oil for any other mild-flavored oil (like avocado oil!). If you're using unseasoned rice vinegar or low sodium soy sauce, check for seasoning and then add more salt to taste

Lemon Vinaigrette Salad Dressing



Ingredients:

1/4 cup red wine vinegar
2 tablespoons dijon mustard
1/2 cup extra virgin olive oil
Zest and juice of 1 lemon (about 4
tablespoons juice and 3 teaspoons
zest)
1 clove garlic, finely minced OR 1
teaspoon garlic powder

1 tablespoon honey
1 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon fresh minced oregano OR 2
teaspoons dried oregano

Instructions:

Combine all ingredients in a jar with a tight-fitting lid, shake until well combined. Alternatively, for thicker dressings like the ranch or Italian, you can combine all ingredients in a food processor or blender and pulse until well combined and smooth.

Refrigerate and let flavors blend for at least 30 minutes, preferably 2 hours, before serving.

Notes:

You can swap out the olive oil for any other mild-flavored oil (like avocado oil!). If you're using unseasoned rice vinegar or low sodium soy sauce, check for seasoning and then add more salt to taste

Sesame Ginger Salad Dressing



Ingredients:

1/3 cup extra virgin olive oil
2 tablespoons toasted sesame oil
1/4 cup seasoned rice vinegar
1 clove garlic, finely minced OR 1
teaspoon garlic powder

2 tablespoons soy sauce
1 tablespoon honey
2 tablespoons peel and grated fresh ginger OR 2
teaspoons ground ginger

Instructions:

Combine all ingredients in a jar with a tight-fitting lid, shake until well combined. Alternatively, for thicker dressings like the ranch or Italian, you can combine all ingredients in a food processor or blender and pulse until well combined and smooth.

Refrigerate and let flavors develop for at least 30 minutes, preferably 2 hours, before serving.

Notes:

You can swap out the olive oil for any other mild-flavored oil (like avocado oil!). If you're using unseasoned rice vinegar or low sodium soy sauce, check for seasoning and then add more salt to taste

Balsamic Vinaigrette Salad Dressing



Ingredients:

1/2 cup extra virgin olive oil
1/2 cup balsamic vinegar
2 teaspoons dijon mustard
1 clove garlic, finely minced OR 1
teaspoon garlic powder

1 tablespoon honey
1 teaspoon salt
1/4 teaspoon black pepper

Instructions:

Combine all ingredients in a jar with a tight-fitting lid, shake until well combined. Alternatively, for thicker dressings like the ranch or Italian, you can combine all ingredients in a food processor or blender and pulse until well combined and smooth.

Refrigerate and let flavors blend for at least 30 minutes, preferably 2 hours, before serving.

Notes:

You can swap out the olive oil for any other mild-flavored oil (like avocado oil!). If you're using unseasoned rice vinegar or low sodium soy sauce, check for seasoning and then add more salt to taste

Creamy Balsamic Dressing



Tahini

Balsamic Vinegar

Water

Dijon Mustard

Garlic Powder

Salt

Chipotle Ranch Dressing



Cashews

Water

Garlic Olive Oil

Chives

Parsley

Dill

Chipotle Powder

Smoked Paprika

Salt

Apple Cider Vinegar Salad Dressing



Olive Oil

Apple Cider
Vinegar

Dijon Mustard

Garlic

Sea Salt

Pepper

Basic Balsamic Salad Dressing



Olive Oil

Balsamic Vinegar

Maple Syrup

Dijon Mustard

Garlic

Sea Salt

Peanut Salad Dressing



Peanut Butter

Rice Vinegar

Garlic

Ginger

Tamari

Maple Syrup

Cayenne Pepper

Water

Honey Mustard Salad Dressing



Olive Oil

Lemon

Apple Cider
Vinegar

Dijon Mustard

Honey

Garlic

Sea Salt

Pepper

Coriander Lime Salad Dressing



Olive Oil

Lime Juice

Garlic

Maple Syrup

Coriander

Sea Salt

Pepper



bnmulti.com

This book provides
nutritious and tasty salad dressing recipes
to help you during your WLS journey.



Jacqui Lewis, Clinical Nutritionist
Graphic design: Connection to Creativity
bnmulti.com©



bnmulti.com

Monday to Friday 9am-5pm



07 3501 0323



www.bnmulti.com



support@bnmulti.com