

6-STEP GUIDE TO

Vegan Oil-Free Salad Dressings

STEP 1

CHOOSE THE BASE

Legumes, vegetables, nut and seed butters, plant yogurt, silken tofu, avocados, olives, berries and fruits, miso.

STEP 2

PICK AN ACIDIC AGENT

Lemon juice, balsamic vinegar, wine vinegar, apple cider vinegar, sauerkraut juice, kimchi juice.

STEP 3

HERBS & SPICES

Dill, parsley, coriander, basil, chili, mint, mustard, garlic, onion, powder, wasabi, horseradish, cinnamon, ginger, turmeric, thyme, oregano, rosemary, black pepper.

ADD EXTRA UMAMI

Tamari, shiro miso or dark miso, nutritional yeast, black salt aka kala namak salt, umeboshi paste.

STEP 4

PICK A SWEETENER

Fruit juice or whole fruits, vegetable juice or whole vegetables, oven baked or steamed veggies, dried fruits like figs and dates, mesquite or Peruvian carob, date sugar, coconut sugar, stevia, erythritol.

CHOOSE LIQUIDS

Water, broth, liquid from boiled beetroot, fruit and vegetable juices.

Even leftover water from steaming vegetables.

STEP 5

STEP 6



Let's choose the base ingredient(s)

The ingredient	For 1 cup of dressing
 <p>Cooked legumes: chickpeas, beans, lentils, peas, edamame.</p>	1 cup (165g, 5.8oz) cooked legumes + 145 grams or 5.1 ounces (1/2 cup + 1 tbsp. + 2 tsps.) of liquids.
 <p>Watery vegetables: summer squash, eggplant.</p>	260 grams (9.2oz) veggies (raw weight). Bake them. Then, blend the veggies with about 1/3 cup of liquids.
 <p>Starchy veggies: sweet potato, winter squashes.</p>	260 grams (9.2oz) veggies (raw weight). Bake them. Then, blend the veggies with about 1/3 cup of liquids.
 <p>Nut and seed butters</p>	6 tbsps. of nut butter and 1/2 cup + 2 tbsps. liquids
 <p>Fresh fruits and berries: strawberries, raspberries, blueberries, mangoes, oranges, kiwis, fresh figs.</p>	195 grams (6.9oz) of fresh fruit or berries with 2 tablespoons of liquid acidic agents or flavour boosters.



And the rest of the ingredients

The ingredient	For 1 cup of dressing
 Acidic agents	Lemon and lime juice, vinegars: 1 tablespoon
 Herbs & spices	<i>Fresh herbs:</i> a handful or more <i>Intenser fresh herbs</i> e.g., rosemary, thyme and oregano: 1/2 tablespoon <i>Dried herbs:</i> 1 teaspoon <i>Strong spices</i> like chili and peppers: a pinch <i>Fresh garlic:</i> 1/2-1 clove <i>Indian spice mix:</i> 1 teaspoon (ore more), ground
 Extra umami	<i>Tamari and miso:</i> 1 tablespoon <i>Nutritional yeast:</i> 1-3 tablespoons <i>Black salt:</i> 1 teaspoon or less <i>Umeboshi paste:</i> 1/2-1 teaspoon
 Sweeteners	<i>Fruit/vegetable juice:</i> ca 1/4 cup <i>Dried fruit:</i> 1 fruit or less <i>Mesquite:</i> 1 tablespoon or less <i>Sugars/syrups:</i> about 1 teaspoon



MEET THE AUTHOR

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Through nutriplanet.org (since 2004) I offer resources for those interested in whole food plant-based diet as well as low glycemic diet and vegan Candida diet.

I am also a Plant-Based Nutrition Certificate graduate from eCornell. I hope you enjoy my whole food plant-based recipes and practical tips!

You're welcome to download my other free resources:

[Guide to Whole Food Plant-Based Diet](#)
[Guide to Low Glycemic Plant-Based Diet](#)
[Guide to Candida Overgrowth](#)

Let's keep in touch through:

