

DRESSINGS

Quick and easy all-natural vegan dressings you can shake up in a small jar for use in salads and slaws



The Chemistry of a Simple Vinaigrette

This is a typical vinaigrette - but you can adjust to your preferences (ie less oil) if you prefer

60% OILS

Olive Oil, Vegetable Oil, v- Mayo, Avocado Oil, Sesame Oil

30% ACIDS

Vinegars: Balsamic, Apple Cider, Red/White Wine, Rice, Lemon Juice

10% OTHER FLAVORS

Mustard, Soy, Garlic, Ginger, Herbs, Preserves, Salt & Pepper



Extra Simple

2 T Olive Oil
2T White Wine Vinegar
1/8 tsp Salt & Pepper (Each)



Balsamic

2 T Olive Oil
1 T Balsamic
1/2 tsp Salt + 1/8 tsp Pepper
Splash Lemon Juice,
Dijon Mustard, Minced Garlic



Citrus

2 T Orange Juice
2 T Apple Cider Vinegar
1 tsp Dijon Mustard
1/2 tsp Maple Syrup
1/3 C Olive Oil
1/4 tsp Salt & Pepper (Each)



Sweet & Salty

Full of sugar and salt so not so healthy, but very tasty...Great on Kale

1/2 C Olive Oil, 1/4 C White Wine Vinegar, 1/4 C Sugar, 1 T "Accent" Seasoning, 1/2 T Salt, 1/2 tsp Pepper



Asian

3 T Vegetable Oil, 1 T Rice Wine Vinegar, 1 T Soy Sauce, 1 tsp Minced Garlic, Salt & Pepper to Taste
Optional 1 tsp Sugar



Greek

1/3 C Olive Oil, 1/4 C Red Wine Vinegar, 1 T Lemon Juice, 1 tsp Dijon Mustard, 1 tsp Minced Garlic, 1 tsp Dried Oregano, Salt & Pepper



Ranch

1 C v-Mayo, 2 T Non-Dairy Milk, 1 tsp Apple Cider Vinegar, 1 tsp Each - Dill, Garlic, & Onion Powder, 1/4 tsp Pepper, 1/4 tsp Salt
(Let Sit 2 Hours if Possible)



Caesar

1/2 C v-Mayo, 2 T Nutritional Yeast, 2 T Lemon Juice, 1 T Dijon Mustard, 1 T Vegan Worcestershire (or Soy Sauce), 2 tsp Capers, 1 tsp Garlic Powder. Blend Well.

**Always read the packaged food ingredient list to make sure it contains only Plant Based items. Many items do not carry the Vegan seal but may be Plant Based while some foods you might think are Plant Based are not.*

Printable Meal Guides

ORGANIZING
a Plant Based Life.com