

Our Favourite Salad Dressings!

The most important thing is starting with the best greens you can get your hands on!



Spicy Honey Vinaigrette

- ¼ cup apple cider vinegar
- ⅓ cup honey
- 2 teaspoons Sriracha sauce
- 2 teaspoons soy sauce
- 1 garlic clove, peeled
- 1 teaspoon fresh ginger root
- ¼ teaspoon ground black pepper
- ⅔ cup (160 ml) olive oil

Directions: Place vinegar, honey, Sriracha, soy sauce, garlic, ginger root and black pepper into a blender container in the order listed and secure lid. Turn machine on and slowly increase speed to medium. Blend for 5 seconds. Remove the lid plug and slowly pour oil through the lid plug opening in a slow, steady stream. Replace the lid plug, slowly increase speed to High. Blend for 15 seconds or until emulsified.

Creamy Salad Dressing

- 1 teaspoon Dijon mustard, or other grainy mustard
- 1 1/2 tablespoons mayonnaise or full fat yogurt
- Pinch salt
- Pinch sugar
- Fresh pepper, to taste
- 1 tablespoon apple cider vinegar (or vinegar of your choice)

Whisk together the mustard, mayonnaise, salt, sugar, and pepper until combined. Add the vinegar and whisk until smooth. Toss with salad greens and serve. Add garlic, garlic scapes, green onions, herbs, or any other fresh flavour of your choice!

Poppyseed Dressing

- 1/4 – 1/2 C sugar (depending on taste)
- 2 T poppy seeds
- 1 T onion, chopped
- 1/4 t Worcestershire sauce
- 1/4 t paprika
- 1/2 C oil (canola or vegetable)
- 1/4 C cider vinegar
- 1/4 t salt
- 1/4 t dry mustard

Combine dressing ingredients in a food processor or blender and process until smooth. Best served with spinach and strawberry salad.

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