





## Coconut Ranch Dressing

8 servings

5 minutes

### Ingredients

1 cup Canned Coconut Milk (full fat, refrigerated overnight)  
1/4 cup Avocado Oil  
2 tbsps Apple Cider Vinegar  
1 tbsp Dried Chives  
1/2 tsp Onion Powder  
1 tsp Sea Salt

### Directions

1

Add all ingredients to a jar and shake until well combined. Refrigerate until ready to serve.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to seven days.

**Serving Size:** One serving is equal to approximately 2.5 tablespoons of dressing.

**More Flavor:** Use fresh herbs instead of dried.

**No Coconut Milk:** Use coconut yogurt, sour cream, Greek yogurt, mayonnaise or buttermilk instead.



## Lemon Garlic Tahini Dressing

2 servings

5 minutes

### Ingredients

2 tbsps Tahini  
2 tbsps Water (warm)  
2 tbsps Lemon Juice  
1 Garlic (clove, small, minced)  
1 1/2 tps Nutritional Yeast  
1/8 tsp Sea Salt

### Directions

1

Whisk all ingredients together in a mixing bowl. Season with additional salt or lemon juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is equal to approximately two and a half tablespoons.

**Dressing Consistency:** If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.



## Cilantro Lime Dressing

8 servings

5 minutes

### Ingredients

1/2 Avocado (sliced)  
2 tbsps Extra Virgin Olive Oil  
1 tsp Sea Salt  
1 tsp Ground Ginger  
2 tbsps Lime Juice  
1/4 cup Cilantro (finely chopped)  
1/2 cup Canned Coconut Milk

### Directions

- 1 Add all of the ingredients into a blender and blend until completely smooth.
- 2 Season with additional salt or lime juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is equal to 2 tablespoons of dressing.

**No Coconut Milk:** Use almond milk or unsweetened oat milk instead.

**Serve it With :** Raw vegetables, on salads or on burgers.



## Basil & Chive Pesto

8 servings

10 minutes

### Ingredients

- 1/2 cup Basil Leaves
- 1/2 cup Parsley
- 1/2 cup Chives (chopped)
- 1/4 cup Nutritional Yeast
- 1/4 cup Macadamia Nuts
- 1/3 cup Extra Virgin Olive Oil
- 3 tbsps Lemon Juice
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 400 grams Rice Crackers

### Directions

- 1 Combine all of the ingredients into a food processor and blend for 1 to 2 minutes on high speed, or until creamy.
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- 2 Transfer to a bowl and serve with crackers. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Nut-Free:** Omit the macadamia nuts or use sunflower seeds instead.

**More Flavor:** Add garlic powder or more lemon juice.

**No Rice Crackers:** Use any type of crackers or chopped vegetables. You can also use the pesto as a pizza or pasta sauce.



## Cilantro Chimichurri

10 servings

10 minutes

### Ingredients

- 1/2 cup Red Wine Vinegar
- 1 cup Cilantro (thick stems removed)
- 1/4 cup Fresh Oregano (stems removed)
- 4 Garlic (cloves, minced)
- 1/2 cup Extra Virgin Olive Oil
- 1 tsp Sea Salt

### Directions

- 1 Add all ingredients to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
- 2 Transfer to a mason jar and enjoy as a condiment or marinade!

### Notes

**Serve it With:** Grilled meats or veggies, over avocado or in a salad.

**Make it Spicy:** Add a chili pepper or red pepper flakes.

**Storage:** Refrigerate in an airtight container up to one week, or freeze in an ice cube tray and transfer to a freezer-safe container up to 3 months.

**Serving Size:** One serving is equal to approximately 2 tablespoons.

**No Cilantro:** Use parsley instead.



## Ginger Lime Tahini Dressing

12 servings

5 minutes

### Ingredients

2 Lime (juiced)  
1/3 cup Tahini  
1/2 cup Water  
2 tbsps Extra Virgin Olive Oil  
1 tsp Ginger (peeled and grated)  
2 tbsps Tamari  
2 tbsps Maple Syrup

### Directions

1

Combine all ingredients in a jar, close the lid tightly and shake vigorously until well combined. Refrigerate until ready to use.

### Notes

**Serve it With:** Salad, summer rolls, zucchini noodles or fish (as a marinade).

**Storage:** Refrigerate in an airtight jar up to one week.

**Serving Size:** One serving is equal to approximately two tablespoons of dressing.



## Creamy Cilantro Dressing

4 servings

5 minutes

### Ingredients

- 1/3 cup Plain Greek Yogurt
- 1/2 cup Cilantro (roughly chopped)
- 1 stalk Green Onion (roughly chopped)
- 1 Garlic (clove, minced)
- 1 tbsp Lime Juice
- 1 1/2 tps Maple Syrup
- 1/4 tsp Sea Salt
- 1 tbsp Water (optional)

### Directions

- 1 Add yogurt, cilantro, green onion, garlic, lime juice, maple syrup and sea salt to the bowl of a food processor. Blend until smooth. Add water to thin the consistency of the dressing if necessary.
- 2 Season with additional salt or lime juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is approximately two tablespoons of dressing.

**More Flavor:** Add roughly chopped jalapeno pepper for a spicy dressing.

**Make it Vegan:** Use coconut or cashew based yogurt instead of Greek yogurt.





## Spicy Mango Dressing

8 servings

5 minutes

### Ingredients

1 Mango (small, chopped)  
3 tbsps Water  
2 tbsps Apple Cider Vinegar  
1 Garlic (clove, small, minced)  
1/2 tsp Red Pepper Flakes  
1/8 tsp Sea Salt

### Directions

- 1 Add all ingredients to a food processor and blend until smooth.
- 2 Season with additional salt if needed. Transfer to an airtight container or jar and keep refrigerated until ready to use.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is equal to approximately two tablespoons of dressing.

**More Flavor:** For an extra spicy dressing add more red pepper flakes or a dash of hot sauce. For a less spicy dressing reduce the amount of red pepper flake and add a splash of maple syrup.

**Mango Size:** One small mango is approximately 3/4 cup chopped mango.