



Energize Your Salads!

***10 Paleo Salad Dressings
to wake up your taste buds
Oil-free, Sugar-free & Healthy!***



A gift for you from Jane's Healthy Kitchen
JanesHealthyKitchen.com

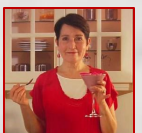


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*No oil
please...*



How to Undress a Salad

Wait ...

Never hurry when dealing with Nature.

Do it slowly...gently... with loving care. A soft touch brings out the sensuous flavors of living fruits, veggies and nuts. Follow your instincts – you'll know how to do it just right.

These un-dressings aren't just for salads. Try them on cooked veggies, chicken, fish, meats, and as a dip for raw vegetables. To make them thicker, use less water. To thin, add a bit of water.

With no oils, no stabilizers, no sugar, they're instant to blend and so much tastier than store-bought.

These Paleo un-dressings are healthier for every-body. And they're compatible to many alternative diets such as gluten-free, celiac, anti-inflammatory, dairy-free, and egg-free. They're diabetic, candida, vegan, and SCD-diet friendly, depending on the sweetener option you choose. Many are tree-nut free. All you need is a small blender or any food processor.

Blend, Drizzle, Eat



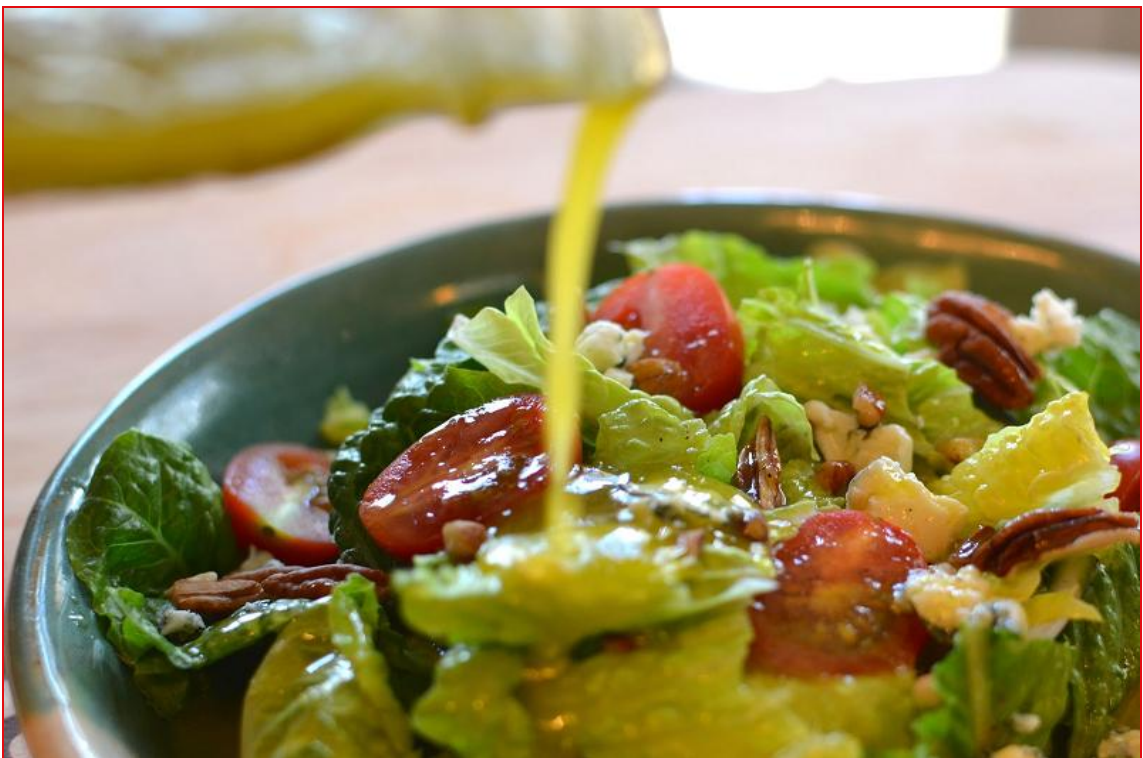
The Dark Side of Salad



How often do we make a beautiful salad and top it with a processed, oily mixture? Unfortunately, even the best commercial dressings have a darker side, high in calories from expeller-pressed oils, with sticky stabilizers such as guar gum and xanthan gum. Most dressings are worse, the main ingredient typically being a GMO oil such as soy or canola. To this the manufacturers add GMO corn syrup and other sugars which destabilize metabolism and cause brain fog. Chemicals such as titanium dioxide used in paint, make the dressings beautifully white.

Artificial dyes like Red #40 linked to ADHD in children, and Yellow #5 that causes allergic reactions, make the dressings even more eye-catching. Harmful trans-fats are often found in creamy dressings like ranch and Caesar. Since trans-fats form naturally when vegetable oils are heated, they are not listed as such on the label. To top off the toxic cocktail, they may add MSG, a flavor enhancer and excito-toxin. MSG causes obesity in animals by damaging the hypothalamus, which regulates the appetite and how much we want to eat.

Yep, it's time to undress our salads with simple, real-food dressings, free of oils, sugars, stabilizers, and junk. All you need is pure living foods and a blender.



What's that drizzling on your salad?
Could it be GMO soy oil, Guar gum, Maltodextrin, GMO corn syrup,
Titanium dioxide, Yellow dye #5, Trans-fats, and MSG?

What Does Un-dressing a Salad Mean?



Most salad dressings are made of oil, sugar, vinegar and seasonings. That makes them high in calories, fat, and sugars. Unfortunately they're usually very low in nutrient value, and completely lacking in life force, or qi. "Qi" is energy, the life force in our food. Plants absorb sunlight and store that as vital energy in photosynthesis. When we eat the living plants, we absorb that energy or "qi", and it nourishes us. That's – um – what food is meant to be.

Fresh, food is alive. It's packed with vital life force and irresistible flavor. When a plant is properly raised, light from the sun combines with nutrients from healthy soil. The plant gets to grow and express its true flavor and beauty. You just can't compare the taste of food fresh from the garden, to dead, processed food or industrially raised plants. OK, you can add tons of oils, sugar, and fake flavors to them, but still they can never truly satisfy the taste buds or nourish the body.

*Un-dressing a salad means going back to Nature.
Take off all that greasy garb, and
allow the flavor of real food to shine.*

No Oils – Not even olive oil. The recipes are oil-free. They're experiments in fresh foods. Instead of oil, these un-dressings use vegetables, fruits, and nuts, such as Granny Smith apple, daikon radish, avocado, lemon, lime, tomato, cashews, and herbs.

Sweeteners – No refined sugars to destabilize blood sugar. No cane sugar, agave, coconut sugar, or maple, which are boiled down to make them high in fructose and harmful. No GMO corn syrup, high fructose corn syrup, malto-dextrin, or stevioside.

Instead of high-glycemic sweeteners, choose between these 3 natural options:



1. **Raw honey** – the true Paleo sweetener, however it is very high in calories and sugars.
2. [JLS - Just Like Sugar Table Top](#) natural chicory root sweetener. It contains no sugars or calories, made of chicory root fiber. Use it just like sugar. It does not affect blood sugar or cause an insulin response.
3. [LHG – PureLo Lo Han Guo Sweetener by Swanson Vitamins](#), made of zero-glycemic, zero calorie Monk Fruit and inulin fiber. It is 6X sweeter than sugar.

Healthy Ingredients and No Oil



Apple cider vinegar

Avocado



Basil



Carrot



Raw cashews



Chili powder



Chipotle powder



Coconut milk



Daikon radish



Dulse or kelp seaweed



Garlic



Ginger root



Granny Smith



Green onion



Ground mustard



Herbs



Hiziki seaweed



Lemon



Lime



Kalamata Olives



[Liquid coconut aminos](#)



[Nutritional yeast](#)



Oregano



Paprika



Parsley



Sesame tahini



Shiitake mushrooms



Sweetener Options:

[JLS = Just Like Sugar natural chicory root](#)



[LHG = Lo Han Guo, PureLo Sweetener by Swanson](#)



Raw honey



Toasted sesame oil, optional



Tomato



Turmeric



Unprocessed salt & pepper



[Vitamin C powder or crystals](#)



Water



1. Creamy Avocado Basil

This vibrant Mediterranean un-dressing with fresh basil reminds me of Italian pesto. Thick and creamy, go ahead and drizzle it on everything! It's especially tasty on Romaine lettuce, hamburgers, pizza, and veggies. Makes 1 cup.



1 avocado



1 lemon, peeled, sliced, and seeded



Handful fresh basil or 2 tablespoons dry



1/2 to 1 clove garlic to taste



1/8 teaspoon each, unprocessed salt and pepper to taste



6 tablespoons filtered water as needed to blend

In a small blender or immersion blender with cup, blend all ingredients until smooth.



2. Sesame Shiitake

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The smooth and creamy Asian flavor comes from sesame tahini. Green onion, seaweed and shiitake mushrooms give it a rich, authentic flavor. Makes one cup.



1 Granny Smith apple, in chunks including the peel



1/4 cup apple cider vinegar



2 teaspoons toasted sesame oil, optional



3 tablespoons sesame tahini



1 clove garlic



6 shiitake mushrooms



1 teaspoon dry hiziki or wakame seaweed (optional)



1 1/2 teaspoons ground mustard



2 tablespoons liquid coconut aminos



1 green onion, white part only



1 teaspoon unprocessed salt to taste, and some pepper



5 tablespoons filtered water, or more if needed to blend

In a small blender or immersion blender with cup, blend all ingredients until smooth.

Calories 24, Fat 1.6 g, Carbs 2.1 g, Sugars 1.0 g (per 2 tablespoons, 30 g)



3. Feta Cheese with Olives

Thick and creamy with chunks of Greek olives and oregano, this un-dressing is 100% dairy-free. Coconut milk and cashews make it rich and irresistible. Optional vitamin C will give it a sharp feta cheese flavor – find it in any grocery supplements section. Makes 1 1/2 cups.



1/2 cup thick, full-fat coconut milk



1/4 cup lemon juice



1 clove garlic (optional)



1 teaspoon apple cider vinegar



1/2 tablespoon nutritional yeast



3/4 teaspoon Vitamin C powder or crystals (optional)



2/3 cup raw cashews



3/4 teaspoon unprocessed salt to taste, and some peppe



1 tablespoon dry oregano



8 Kalamata olives, pitted

In a small blender, blend everything except the oregano and olives until smooth and creamy. Blend oregano and olives last briefly so they're in chunks.

4. Chipotle Lime

This spicy Southwest flavor from whole tomato, lime, and chiles will wake up your taste buds. Cashews make it smooth and creamy. High-protein nutritional yeast gives it a rich cheese taste with no dairy. Makes 1 cup



1 tomato, in chunks



1 lime, peeled, in pieces



1-2 cloves garlic to taste



Sweeten to taste:
[1 ½ teaspoons JLS](#), or
[a pinch LHG](#), or
1 teaspoon honey



1 tablespoon nutritional yeast



1/4 cup raw cashews



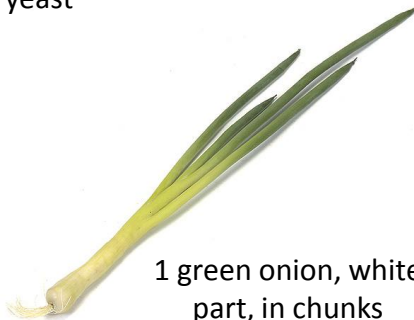
1/2 teaspoon chili powder



1/8 teaspoon pure hot chipotle powder to taste



1/2 teaspoon unprocessed salt to taste, and some pepper



1 green onion, white part, in chunks



1 tablespoon apple cider vinegar



1/2 teaspoon ground mustard

In a small blender or immersion blender with cup, blend all ingredients until smooth.

Calories 45, Fat 3.0 g, Carbs 4.9 g, Sugars 1.8 g (per 2 tablespoons, 30 g)

5. Lemon Tahini

I didn't have to fiddle with this one at all. Tahini is already so yummy. Blend it with lemon, garlic and parsley, you just can't go wrong. Oh, and this dressing has zero sugars! Makes 1 cup



1 tablespoon
apple cider vinegar



1 lemon, peeled,
sliced, seeded



1 clove garlic,
chopped



1/3 cup sesame tahini



2 tablespoons
fresh parsley



1/4 heaping teaspoon
unprocessed salt to taste,
and some pepper



6 tablespoons water
as needed to blend

In a small blender or immersion blender with cup, blend all ingredients until smooth.

Calories 59, Fat 4.9 g, Carbs 2.7 g, Sugars 0.0 g (per 2 tablespoons, 30 g)



6. Cashew Ranch

Creamy cashews and green onion put this flavor right over the top. It tastes just like traditional ranch dressing to me. However it's un-dressed, free of oil, sugar and gummy stabilizers. Makes 1 cup.



1 lemon, peeled, sliced, seeded



1/3 cup raw cashews



1 clove garlic, chopped



2 green onions white part



1/4 teaspoon ground mustard



1 tablespoon apple cider vinegar



1/4 heaping teaspoon unprocessed salt to taste and some pepper



Sweeten to taste:
[1 tablespoon JLS](#), or
[1/2 teaspoon LHG](#),
or 2 teaspoons honey



1/4 cup filtered water as needed to blend

In a small blender or immersion blender with cup, blend all ingredients until smooth. Garnish with green onion, green part, sliced.

7. Green Goddess

With a heavenly smooth texture and flavorful chunks of green onion and herbs in every bite. Avocado makes it super-creamy -- or you can substitute 4-inches of sliced zucchini. Makes 1 cup.



1 large lemon, peeled, sliced, seeded



1/2 avocado



1/2 Granny Smith apple, in chunks



1 clove garlic, chopped

1 green onion in chunks



1/4 cup filtered water



1/2 teaspoon unprocessed salt to taste and some pepper



Sweeten to taste: [2 teaspoons JLS](#), or [1/4 teaspoon LHG](#), or 1 1/2 teaspoons honey



1/2 teaspoon ground mustard



Large handful fresh herbs such as parsley, tarragon, thyme, chives, or cilantro, or 1 tablespoon if dry

In a small blender or immersion blender with cup, blend all ingredients except herbs until smooth. Add herbs at the end, and blend briefly so they are in small chunks.

8. Creamy Caesar

Smooth and creamy, cashews make it lusciously thick. This un-dressing is vegan, as it contains no fish or egg. Seaweed gives it a slight anchovy taste. Or if you prefer, you can substitute 2 teaspoons anchovy paste, or 4 whole anchovies in place of the seaweed. Makes 1 cup.



1/4 cup filtered water,
or more for blending



1/2 Granny Smith apple, in
chunks including peel



1 1/2 lemons, peeled,
sliced, and seeded



2 cloves garlic,
chopped



1 1/2 tablespoons
nutritional yeast



1 1/2 tablespoons
apple cider vinegar



1/2 teaspoon
ground mustard



1/2 teaspoon dulse
or kelp seaweed



Sweeten to taste:
[3/4 teaspoon JLS](#), or
[a pinch LHG](#), or
1/2 teaspoon raw honey



1 teaspoon salt to taste
and some pepper



1/2 teaspoon vitamin C
powder (optional)



1/3 cup raw cashews

In a small blender or immersion blender with cup, blend all ingredients until smooth.

9. French



A healthy, oil-free version of the classic dressing – tart and a bit sweet, but without the usual gmo oil, ketchup, Worcestershire sauce or sugar. The final flavor balance will depend on your tomatoes. Go for the local, vine-ripened, dry-farmed ones, which tend to have a deeper and more vibrant flavor. Makes 1 cup



2 tomatoes, vine ripened if possible



1 clove garlic



1 1/2 tablespoons
apple cider vinegar



1/4 teaspoon
ground mustard



1/4 teaspoon
unprocessed salt to
taste and some pepper



Sweeten to taste:
[1 tablespoon JLS](#), or
[1/2 teaspoon LHG](#), or
2 teaspoons raw honey



1/4 teaspoon paprika
(optional)

In a small blender or immersion blender with cup, blend all ingredients until smooth.

Calories 6, Fat 0.1 g, Carbs 2.7 g, Sugars 2.2 g (per 2 tablespoons, 30 g)



10. Daikon Honey Mustard

This is an irresistible blend of tart, sweet and pungent flavors, that tastes fantastic on just about everything! Blended daikon radish gives it a gentle and sharp punch. Oh, and the smooth, creamy texture is from cashews. Makes 1 1/2 cups.



2-inches daikon radish, peeled, in chunks



1 small clove garlic



1/8 teaspoon turmeric



3 tablespoons apple cider vinegar



1/2 teaspoon unprocessed salt to taste and some pepper

1 green onion, white part only, in chunks



Sweeten to taste:
[1 tablespoon JLS](#), or
[1 1/2 teaspoons LHG](#), or
3-4 teaspoons raw honey



1/4 teaspoon ground mustard



2 tablespoons filtered water



1/2 carrot, finely grated



1/2 cup raw cashews
Add last and blend to thicken

In a small blender or immersion blender with cup, blend all ingredients until smooth.

Calories 46, Fat 3.3 g, Carbs 4.8 g, Sugars 2.3 g (per 2 tablespoons, 30 g)

Nutrition Chart

Nutrition Facts in grams. Serving size: 2 tablespoons, 30 grams

UnDressings	Calories	Fat	Carbs	Sugars
Creamy Avocado Basil	36	3.3	2.0	0.0
Sesame Shiitake	24	1.6	2.1	1.0
Feta Cheese with Olives & Oregano	71	6.1	3.2	0.7
Chipotle Lime	45	3.0	4.9	1.8
Lemon Tahini	59	4.9	2.7	0
Cashew Ranch	40	2.9	4.8	2.6
Green Goddess	24	1.6	3.3	1.8
Creamy Caesar	27	1.4	3.7	1.7
French	6	0.1	2.7	2.2
Daikon Honey Mustard	46	3.3	4.8	2.3
Typical Store-Bought Dressing	110	11.0	6.0	3.0



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