

LET'S GET SAUCY

*WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS

Everybody knows that it's all about the sauce. Sauces and dressings are game-changers. And, while condiments can be high in sugar and sodium, they are the secret sauce that gets my kids to eat all the green stuff on their plate. So here are a few of our go-to sauces & dressings.

CHIPOTLE MAYO/SOUR CREAM

GREAT ON SANDWICHES, TACOS, ETC.!

COMBINE AND CHILL

- ½ CUP PLAIN YOGURT OF CHOICE (GREEK, VEGAN)
- ½ SOUR CREAM OF CHOICE (OR CAN USE 1 CUP YOGURT)
- ¼ CUP HOT SAUCE OR SRIRACHA
- 2 TBS CILANTRO
- 1 TBS MAPLE SYRUP
- 1 TBS LIME JUICE
- 1 TBS CHIPOTLE SPICE
- 1 ½ TSP GARLIC POWDER
- 1 TSP CUMIN
- PINK SALT TO TASTE

LIME CREMA

GREAT ON TACOS!

COMBINE AND CHILL

- 1 CUP YOGURT OF CHOICE (GREEK, VEGAN)
- ⅛ - ¼ CUP LIME JUICE
- 1 - 2 TBS MAPLE SYRUP
- 1 TBS CILANTRO
- PINK SALT TO TASTE

TAHINI DRESSING/GREEN GODDESS

GREAT ON GRAIN BOWLS, SALADS, ETC.

COMBINE IN A BLENDER UNTIL EMULSIFIED. STORE IN FRIG.

- ¼ C TAHINI
- 2 TBS EVOO
- 1-2 TBS APPLE CIDER VINEGAR
- 2-4TBS RAW LOCAL HONEY/SYRUP/OR 2-3 DATES
- 1 HEAP TSP MINCED GARLIC
- 1-2 TBS LEMON JUICE
- PEPPER
- 1 TBS DIJON OPTIONAL

BASIC ASIAN SAUCE

GREAT FOR STIR-FRY, DIPPING EGGROLLS, OR AS A MARINADE.

COMBINE ALL INGREDIENTS; STORE IN FRIG

*THESE MEASUREMENTS ARE ROUGH ESTIMATES, ADJUST TO TASTE.

- ½ CUP ORGANIC COCONUT AMINOS OR TAMARI
- ½ CUP GRADE-B MAPLE SYRUP (OR HONEY, COCONUT PALM, ETC.)
- ¼ CUP BRAGGS APPLE CIDER VINEGAR (OR RICE VINEGAR)
- 1-2 TBS TOASTED SESAME OIL
- 2 TSP ORGANIC GARLIC MINCED
- 2-4 TBS ORGANIC EVOO OR WATER TO DESIRED CONSISTENCY

SPICE IT UP. ADD SPICES TO ACHIEVE DESIRED FLAVOR.

- 1-2TBS TO TASTE SRIRACHA TO TASTE AND/OR PINCH OF CAYENNE FOR ADDED KICK (OPTIONAL)
- 1 TSP ORGANIC GINGER TO TASTE
- 1/2 TSP ORGANIC RED PEPPER FLAKES
- PINK SALT TO TASTE

ASIAN PEANUT SAUCE

GREAT FOR ASIAN NOODLES, DIPPING EGGROLLS, AND STIR-FRY!

COMBINE INGREDIENTS; STORE IN FRIG

- ¼-1/2 CUP BASIC ASIAN SAUCE (SEE RECIPE ABOVE)
- ½ CUP NUT BUTTER OF CHOICE (PEANUT, ALMOND, ETC.)

*PLACE PEANUT BUTTER INTO A BOWL & ADD A SMALL AMOUNT OF ASIAN SAUCE AND COMBINE THOROUGHLY. KEEP ADDING UNTIL DESIRED CONSISTENCY & FLAVOR!

ASIAN SWEET & SOUR SAUCE

THIS IS THE BEST EGGROLL DIP AND IS PERFECT FOR STIR-FR

CONSTANTLY STIR OVER MEDIUM HEAT:

- 1 CUP ORGANIC PINEAPPLE JUICE
- 1/4 CUP BRAGGS APPLE CIDER VINEGAR
- SWEETENER OF CHOICE; ¼ CUP (OR MORE/LESS TO TASTE) COCONUT PALM, BROWN SUGAR, OR GRADE B MAPLE SYRUP
- 3 TBS KETCHUP
- 1-2 TBS COCONUT AMINOS
- SRIRACHA (OPT. TO TASTE)
- TO THICKEN: DISSOLVE 2 TBS GMO FREE CORNSTARCH IN A LITTLE WATER TO CREATE A RUNNY PASTE. ADD TO SWEET & SOUR SAUCE UNTIL DESIRED THICKNESS
- COOL & SERVE

BERRY BALSAMIC

COMBINE IN A BLENDER UNTIL EMULSIFIED. CHILL.

- WATER
- BERRIES
- BALSAMIC VINEGAR
- LEMON ZEST
- DATES
- SALT

CAESAR DRESSING

- 1/2 CUP FAVORITE STORE BOUGHT CAESAR DRESSING
- 1/2 GREEK YOGURT
- A LITTLE LEMON JUICE
- SPICES (SALT/PEPPER/GARLIC/PEPPER FLAKES)

IRRESISTIBLE LEMON/LIME DRESSING

THIS IS THE SECRET SAUCE THAT REALLY SELLS ANY SALAD OR PASTA!
MIX (IN BLENDER) & STORE IN FRIG.

- 1/4 CUP MAPLE SYRUP GRADE B
- 1/4 CUP LEMON JUICE
- 1/4 CUP LIME JUICE
- 2 TBS EVOO
- 1/2 - 1 TSP PINK SALT
- 1/4 TSP BLACK PEPPER

ZESTY LIME DRESSING (WITH A KICK!)

MIX (IN BLENDER) & STORE IN FRIG.

- 1/4 CUP LIME JUICE
- 1/4 CUP FRESH CILANTRO LEAVES
- 2 TBS EVOO
- 1/4 CUP MAPLE SYRUP (GRADE B) TO TASTE
- 1/2 TSP PINK SALT TO TASTE
- 1/2 TSP GARLIC
- 1/2 TSP CUMIN
- 1/4 TSP CAYENNE TO TASTE
- 1/4 TSP BLACK PEPPER

HARRY STYLES DRESSING

GREAT ON SALADS!

COMBINE & STORE IN FRIG

- DIJON MUSTARD
- GRADE B SYRUP
- EVOO
- SALT, PEPPER. RED PEPPER FLAKES



RASPBERRY CHIPOTLE VINAIGRETTE DRESSING:

MIX (IN BLENDER) & STORE IN FRIG

- 1/2 C RASPBERRY SAUCE
- 1 C ACV
- ½-1 TBS MINCED GINGER
- 1 TBS CILANTRO
- 1 1/2 TBS MINCED CHIPOTLE PEPPERS
- ¼-3/4 C BROWN SUGAR TO TASTE
- 1/3 C EVOO
- ½ C WATER
- SALT AND PEPPER TO TASTE

1. WHISK DRESSING INGREDIENTS UNTIL FULLY INCORPORATED/EMULSIFIED.
2. DRIZZLE DRESSING OVER SALAD AND TOSS TO COAT.

KNOCKOFF BIG MAC SAUCE/DRESSING

AWESOME ON A VEGGIE BURGER! COMBINE & STORE IN FRIG

- 1/2 CUP MAYONNAISE OF CHOICE (PRIMAL KITCHEN, ETC.)
- ¼ CUP PLAIN GREEK YOGURT
- 2 TBS KETCHUP
- 1 TBS YELLOW MUSTARD
- 1 TBS SWEET PICKLE RELISH
- SALT/PEPPER TO TASTE

VEGAN RANCH

GREAT ON BAKED POTATOES OR AS A VEGGIE DIP.

1. SOAK 1 CUP RAW CASHEWS OVERNIGHT, (OR AT LEAST 6 HOURS).
RINSE WELL/DRAIN/DISCARD WATER.
2. COMBINE ¼ CUP MILK OF CHOICE & 1 TSP OF APPLE CIDER VINEGAR IN A SMALL BOWL/CUP. LET SIT FOR 20 MINUTES UNTIL CURDLED
3. MIX IN BLENDER TILL SMOOTH:
 - PRESOAKED/RINSED CASHEWS
 - MILK MIXTURE
 - 1 CUP YOGURT OF CHOICE (GREEK, VEGAN, ETC.)
 - ½ CUP CUCUMBER (CHOPPED)
 - 1 TSP APPLE CIDER VINEGAR
 - 2 TSP LEMON JUICE
 - 1 TBS ORGANIC PARSLEY
 - 2 TBS ORGANIC DILL
 - 2 TBS ORGANIC PARSLEY
 - ¼ TSP ORGANIC GARLIC POWDER
 - ¼ TSP PINK SALT
 - 1-2 TBS WATER, TO DESIRED CONSISTENCY
4. STORE IN FRIG