



## Gina Aliotti's Fitness Network Top Spring Salad Dressing

### **Coconut and Basil Dressing**

#### Ingredients:

- 1/4 cup shredded coconut
- 1/4 cup extra virgin olive oil
- 1 sprig basil
- 1 stalk celery
- 1/2 teaspoon turmeric
- 1 tablespoon lime juice, fresh if possible
- 1 Stevia Packet (optional)
- 1 tablespoon of water, to thin as desired

#### Directions:

In a blender, combine the coconut, olive oil, basil, celery, spices, lime juice and water. Blend well. Taste. Add Stevia, as desired, for sweetness. Blend well. Enjoy on your favorite salads or even in a stir-fry.



## Almond Dressing

### Ingredients:

1/4 cup natural almond butter

1/4 cup whole raw almonds

2 teaspoons Braggs Liquid aminos OR low sodium soy sauce

1 packet Stevia

1 Tablespoon fresh lemon or lime juice

1 clove garlic

1/4 teaspoon ginger, minced

1/4 cup filtered water

### Directions:

Place almond butter, almonds, Braggs or Soy Sauce, stevia, lemon juice, garlic, and ginger into a food processor or blender and blend. Slowly add up to 1/4 cup of water to thin as desired.

Enjoy this dressing on a salad or as a Nut Sauce Dip!



### **Oil-Free Orange Vinaigrette Dressing**

**Ingredients:**

- 1/2 orange, peeled and sliced into quarters
- 1/2 avocado
- 3 tablespoons of Apple Cider Vinegar
- 1 packet Stevia
- 4-5 tablespoons water, to thin

**Directions:**

Combine the orange, avocado, apple cider vinegar, stevia and water into a food processor or blender. Add water until you reach your desired consistency.

### **Easy Mustard Vinaigrette**

**Ingredients:**

- 1 tablespoon extra virgin olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon balsamic vinegar
- pepper to taste

**Directions:**

To prepare the dressing combine and whisk all ingredients or simply blend and enjoy!



## Avocado and Basil Dressing

### Ingredients:

1 avocado

1/2 cup of basil,

3 tablespoons of extra virgin olive oil

3 tablespoons of apple cider vinegar

1-2 packets of Stevia

1 cup of filtered water, to thin

### Directions

Combine the avocado, basil, olive oil, apple cider vinegar, and Stevia to your food processor or blender and mix. Then add 1/2 cup of water and blend. Continue adding water up to 1 cup until you reach your desired consistency. Toss in a serving with salad and enjoy!



## Carrot Ginger Sunflower Dressing

### Ingredients

4 medium carrots, chopped

1/4 cup sunflower seeds

2 tablespoons fresh ginger, peeled and chopped

1/2 cup apple cider vinegar

1 tablespoon Braggs Liquid Aminos or low sodium soy sauce

1/2 cups water

1 packet Stevia

pepper to taste

### Directions

Place all ingredients into a blender and blend until smooth and creamy. Add Pepper to taste. Enjoy!