

## Salad Dressing Recipes:

Simplest One:                      Olive Oil and Lemon  
with fresh herbs in the blender or food processor

Apple/Almond                      Handful of soaked almonds  
2 organic small crisp apples, cored with peel left on  
Pulse to bits in food processor, drizzle in olive oil  
to thick but moist consistency (1/2 cup or so)

Walnut/Pear                        Handful of Walnuts  
2 organic pears, cored with peel left on  
Pulse to bits in food processor, drizzle in olive oil  
to thick but moist consistency (1/2 cup or so)

Hazelnut/Avocado                Handful of Hazelnuts  
One large avocado  
1-2 cloves garlic  
1/2 bunch fresh cilantro or parsley or both  
Olive oil till correct consistency

Most of these dressings will be like a paste that you mix into the salad with your hands. If the dressing needs 'sweet' you can drizzle a touch of Agave Syrup and if it needs 'tart' you can squeeze some fresh lemon or lime. Some dressing will need a pinch of sea salt or cracked pepper.

Optional: crumble fresh sheep or goat feta on top, after the dressing is mixed in and top with fresh strawberries or tangelo. Can sprinkle sunflower seeds, pine nuts or sliced almonds as well.

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