



Vegan Salad Dressing Builder



Choose one ingredient from each category.

Mix & Match

- **Oil (1/2 cup):** Olive oil; avocado oil; sesame oil; walnut oil; peanut oil; grapeseed oil
- **Acidic Juice or vinegar (1/4 cup):** lemon juice; orange juice; balsamic vinegar; rice vinegar; red wine vinegar; apple cider vinegar
- **Flavour enhancer (1-2 TBSP):** maple syrup; mustard; jam; brown rice syrup; grated ginger; Srirach; grated garlic; grated shallots; tahini; nut butter; soy sauce; mint; basil; dill; parsley
- **Tip: keep adding flavour enhancer until required taste is achieved**

Good combos

- **Traditional French Vinaigrette:** Olive oil + red wine vinegar + mustard + garlic
- **Asian style dressing:** soy sauce + rice vinegar + sesame oil + minced ginger
- **Middle Eastern Style:** tahini + garlic + lemon juice + olive oil
- **Sweet style:** maple syrup + olive oil + balsamic vinegar
- **Balsamic Vinaigrette:** olive oil + balsamic vinegar + mustard + salt and pepper
- **Satay Style:** sesame oil + peanut butter + ginger + apple cider vinegar + soy sauce + brown rice syrup