

# Sauces & Dips

## Seaweed Salad Dressing #1

<b>Ingredients:</b> ¼ cup sesame tahini 2 tbsp olive oil 2 tbsp rice vinegar or lemon juice ¼ tsp salt 1 tsp raw honey	Prep Time: 2 minutes
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Mix all of the dressing ingredients together with a whisk or fork. You can also use a blender.

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## Seaweed Salad Dressing #2

<b>Ingredients:</b> 1 tbsp rice vinegar 2 tbsp olive oil 1 tsp Bragg's aminos ½ tsp agave nectar	Prep Time: 2 minutes
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Pour the ingredients into a jar with a lid. Shake vigorously and check for flavor. Adjust salt (Bragg's), sweet (agave) or acid (vinegar) to taste. If you want a milder flavor then add a bit more olive oil or water.

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## Avocado Dip

<b>Ingredients:</b> 1 large peeled and pitted avocado 2/3 cup plain goat or soy yogurt 1 tomato, diced dash or two of cayenne pepper sea salt and black pepper	Prep Time: 5 minutes Yield: 4 servings
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### Directions:

1. Mash avocado with a fork until very smooth.
2. Add yogurt, tomato and cayenne. Blend until smooth. This may be done in a food processor, blender, or with a fork.
3. Add sea salt and fresh black pepper to taste.
4. Serve chilled with mixed raw vegetables.

### Note:

Best made a maximum of 1 hour before serving.

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## Hazelnut Pesto

**Ingredients:**

1 cup hazelnuts, oven toasted  
1 cup loosely packed fresh basil  
1 cup loosely packed fresh flat leaf parsley  
3/4 cup extra virgin olive oil  
3 tsp umeboshi vinegar or fresh lemon juice  
1 tsp salt

Prep Time: 5 minutes

Yield: 1 cup pesto

**Directions:**

1. Place all ingredients in a food processor and puree until smooth.
2. Place in refrigerator.

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## Peanut Sauce

**Ingredients:**

1 cup natural peanut butter  
1/4 cup orange juice  
1 tbsp toasted sesame oil  
1 tbsp tamari (or Bragg's aminos or soy sauce)  
dash cayenne pepper

Prep Time: 5 minutes

Yields: 2 cups

**Directions:**

1. Combine all ingredients in a bowl and mix with a fork.
2. Add water in 1 tablespoon increments to reach desired consistency.

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## Apple Salsa

**Ingredients:**

3 apples, peeled, cored and chopped  
1 medium sweet onion, diced  
1/4 cup fresh cilantro, chopped  
1 tbsp fresh mint, chopped  
2 tbsp lime juice  
1/4 cup flaxseed or olive oil  
1 tablespoon maple syrup

Prep Time: 10 minutes

Yield: 4 servings

Mix all the ingredients together and serve.

**Variations:**

Some like a chunky salsa. If you like it a bit more smooth, place half of the combined mixture in a food processor or blender and pulse for just a second or two, to chop the mixture, not purée. Great with baked chips or grilled veggies. Also tastes great with Mexican dishes!

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## Element Dressing

**Ingredients:**

1 cup toasted sesame seeds  
1 tbsp tamari  
1 tbsp umeboshi vinegar (Japanese food – you can substitute for any other vinegar)  
1 tbsp sesame oil  
1 tbsp freshly grated ginger  
1 tbsp brown rice syrup  
1 cup water

Prep Time: 5 minutes

Yield: 2 1/2 cups

**Directions:**

Combine all ingredients in a jar with a tight lid, shake well and use on salad or veggies.

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