

# Salat dressings you will need in your life

## PREPARATION

Dates and Lemon Salat Dressing (½ cup)

In a food processor add all ingredients and blend until completely smooth. Add a little ice cold water to get the desired runny consistency for your dressing. Readjust taste with salt and pepper if needed. Store in a glass jar and use in four to five days.

Easy Tahini Dressing

Use a small whisking bowl to combine tahini, lemon zest, lemon juice, maple syrup and salt. Whisk in the ice cold water until you have a creamy, fluffy salad dressing.

Lemon-Garlic Vinaigrette (makes about ½ cup dressing)

1 small lemon, zested  
2 TBSP fresh lemon juice  
1/2 TBSP pure maple syrup  
1 ½ tsp Dijon mustard (or whole grain mustard)  
1 garlic clove, crushed or finely minced  
Sea salt to taste  
Freshly cracked black pepper to taste  
3 TBSP extra virgin olive oil

Add all of the ingredients except for the olive oil to a jar with a lid. Shake it up to combine. Then add the olive oil and shake again until emulsified.

## INGREDIENTS

Dates and Lemon Salat Dressing (½ cup)

2 soft Medjool dates, pitted  
3 tbsp extra virgin olive oil  
3 tbsp fresh lemon juice  
1 tbsp fresh orange juice  
1 1/2 tsp Dijon mustard (or whole grain mustard)  
½ tsp ground cumin  
½ tsp paprika  
½ tsp coriander

Tahini Dressing (½ cup)

60 g tahini  
a few sprinkles of lemon zest  
2 tbsp fresh lemon juice  
1/2 tsp maple syrup  
½ - 1 teaspoon kosher salt  
2 - 3 tbsp ice water  
½ sea salt, plus more to taste  
Freshly cracked black pepper to taste  
Water, as needed