



CREAMY AVOCADO DRESSING

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

1/2 avocado
Large handful of fresh coriander, chopped
1 lime, juiced
50ml extra virgin olive oil
pinch of salt
pinch of chilli flakes

METHOD

1. Add all the ingredients to a small food processor and blend until smooth.
2. To make a little runnier add a drizzle of water until desired consistency.
3. Use immediately or store in an airtight container for up to 2 days.



TAHINI AND GINGER DRESSING

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

2 tbsp tahini
1 tsp grated ginger
1 lemon, juiced
1 tsp Dijon mustard
Splash of water

METHOD

1. Add all the ingredients to a small bowl and whisk until combined.
2. If you store your ginger in the freezer then when you grate it won't be all stringy!
3. Use immediately or store in an airtight container for up to 2 days.



SPICED HARISSA DRESSING

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

1/2 tbsp harissa paste
3 tbsp Greek yoghurt
2 Tbsp extra virgin olive oil
1 Tbsp apple cider vinegar
A grind of black pepper

METHOD

1. Add all the ingredients to a small bowl and whisk until combined.
2. Use immediately or store in an airtight container for up to 2 days.



MEDITERRANEAN GARLIC AND HERB DRESSING

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

6 tbsp extra virgin olive oil
2 tbsp apple cider vinegar
1 tsp Dijon mustard
1 clove garlic
A grind of salt and pepper
Chopped herbs such as
thyme, rosemary, basil or
tarragon

METHOD

1. Add all the ingredients to a small jug and whisk until combined.
2. Stores well for at least a week.



ASIAN STYLE DRESSING

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 2 tbsp sesame oil
- 2 tbsp tamari
- 2 tbsp mirin
- 1 tbsp sesame seeds

METHOD

1. Mix the sesame oil, tamari and mirin in a small bowl until combined.
2. Add the sesame seeds.
3. Serve with thinly sliced cucumber.



ALMOND BUTTER DRESSING

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

3 tbsp almond butter
1 1/2 tbsp lemon juice
2 tsp maple syrup
1/2 tsp garlic powder
(optional)
A grind of salt and black
pepper
3 tbsp water

METHOD

1. Combine the almond butter, lemon juice and maple syrup in a small bowl.
2. Add the garlic powder if using and the salt and pepper.
3. Add the water to loosen to the desired consistency and stir again.