

WORCESTERSHIRE SAUCE

1/2 CUP APPLE CIDER VINEGAR

2 TBSP TAMARI

1 TBSP MOLASSES

JUICE OF 1 LIME

2 TBSP COCONUT SUGAR

1/2 TSP GROUND CLOVE

1/4 TSP GROUND GARLIC

1/4 TSP CHILI POWDER

1/2 RED ONION

PLACE ALL INGREDIENTS IN A BLENDER AND BLEND UNTIL SMOOTH.

ALMOND GINGER DRESSING

1/2 CUP ALMOND

1/2 CUP HEMP MILK

1 CUP FILTERED WATER

4 TBSP TAHINI

6 DATES

1 CLOVE GARLIC

1 INCH GINGER, PEELED

PLACE ALL INGREDIENTS IN A BLENDER AND BLEND UNTIL SMOOTH.

ORANGE DRESSING

1/4 CUP FRESHLY SQUEEZED ORANGE JUICE

2 TBSP APPLE CIDER VINEGAR

1 TSP TAMARI

1 TSP SESAME OIL

1 INCH GINGER

1 CLOVE GARLIC

1 TSP RAW MUSTARD

PLACE ALL INGREDIENTS IN A BLENDER AND BLEND UNTIL SMOOTH.

AVOCADO LIME DRESSING

1 AVOCADO

1/4 CUP PITTED OLIVES

1/4 CUP BASIL

JUICE OF 1 LIME

APPROX. 1 CUP FILTERED WATER

PLACE ALL INGREDIENTS IN A BLENDER AND BLEND UNTIL SMOOTH.

ADD WATER TO DESIRED CONSISTENCY.

BLACKBERRY TAHINI DRESSING

1/2 CUP BLACKBERRIES

1/2 CUP TAHINI

1 TBSP HEMP SEEDS

1 TBSP OLIVE OIL

1 TBSP SESAME OIL

3 TBSP COCONUT VINEGAR

1/8 TSP PINK SALT

APPROX. 1/2 CUP COCONUT WATER

PLACE ALL INGREDIENTS IN A BLENDER AND BLEND UNTIL SMOOTH.

TAHINI DRESSING

1/2 CUP TAHINI

1/2 CUP FRESHLY SQUEEZED LEMON JUICE

1/4 CUP FILTERED WATER

1 CLOVE GARLIC

1/2 TSP PINK SALT

1/4 CUP DICED ONION

PLACE ALL INGREDIENTS IN A BLENDER AND BLEND UNTIL SMOOTH.

BEETROOT HUMMUS

1/3 CUP SPROUTED CHICK PEAS

1 MEDIUM BEETROOT, PEELED

1 CLOVE GARLIC

2 TBSP OLIVE OIL

2 TBSP LEMON JUICE

1 TSP GROUND CUMIN

1 TBSP COCONUT NECTAR

PLACE ALL THE INGREDIENTS INTO A BLENDER AND BLEND UNTIL
SMOOTH.

TRANSFER INTO A GLASS JAR AND KEEP IN THE FRIDGE.

RAW, VEGAN KETCHUP

1 CUP SUNDRIED TOMATO

(SOAKED FOR 30 MIN)

1/2 CUP FRESH TOMATO

6 TBSP DATE PASTE

4 TBSP APPLE CIDER VINEGAR

1/2 TSP BLACK PEPPER

1 TSP PINK SALT

BLEND ALL THE INGREDIENTS UNTIL SMOOTH.

RAW, VEGAN BBQ KETCHUP

1 CUP SUNDRIED TOMATO
(SOAKED FOR 30 MIN)
1/2 CUP FRESH TOMATO
1 GLOVE GARLIC
6 TBSP DATE PASTE
4 TBSP APPLE CIDER VINEGAR
1 TSP FRESH MUSTARD*
2 TSP SMOKED PAPRIKA
2 TSP ONION POWDER
1/2 TSP BLACK PEPPER
1 TSP PINK SALT

BLEND ALL THE INGREDIENTS UNTIL SMOOTH.

TRANSFER INTO A GLASS JAR AND KEEP IN THE FRIDGE.

*MUSTARD

1/2 CUP YELLOW MUSTARD
(SOAKED FOR 8 HOURS)
1/4 CUP APPLE CIDER VINEGAR
1/2 CUP RAW HONEY
2 TSP PINK SALT

BLEND ALL THE INGREDIENTS UNTIL SMOOTH OR SLIGHTLY
CHUNKY DEPEND ON YOU.

TRANSFER INTO A GLASS JAR AND KEEP IN THE FRIDGE.

RAW, VEGAN MAYO

2 CUP CASHEW, SOAKED
2 TBSP APPLE CIDER VINEGAR
4 TBSP OLIVE OIL
1 + 1/2 TSP PINK SALT
1/2 CUP FILTERED WATER

BLEND ALL THE INGREDIENTS UNTIL SMOOTH.
TRANSFER INTO A GLASS JAR AND KEEP IN THE FRIDGE.

RAW, VEGAN SOUR CREAM

1 CUP CASHEW, SOAKED
1 TBSP APPLE CIDER VINEGAR
1 TBSP OLIVE OIL
1/2 TSP PINK SALT
1/4 CUP FILTERED WATER

BLEND ALL THE INGREDIENTS UNTIL SMOOTH.
TRANSFER INTO A GLASS JAR AND KEEP IN THE FRIDGE.

PESTO

1/2 CUP NUTS, SOAKED
(MIX OF PINE NUTS AND CASHEW)
4 CUP SPINACH
1 CUP FRESH BASIL
1/3 CUP OLIVE OIL
1 TSP PINK SALT
JUICE OF 1/2 LIME

BLEND ALL THE INGREDIENTS UNTIL SMOOTH.

TACO SAUCE

1 CUP SUNDRIED TOMATO (SOAKED)
1 + 1/2 CUP FRESH TOMATO (CHOPPED)
1/2 CUP DATE (SOAKED)
1/8 TSP CHILI POWDER
1/8 TSP GROUND CUMIN
1/2 TSP PAPRIKA POWDER
1/8 TSP CAYENNE PEPPER
1/2 TSP OREGANO
1/8 TSP GARLIC POWDER
1/8 TSP ONION POWDER
1/2 TSP PINK SALT
1/8 TSP BLACK PEPPER
PLACE ALL INGREDIENTS IN A FOOD PROCESSOR AND PROCESS
UNTIL SMOOTH.

CAESAR DRESSING

1/4 CUP PINE NUTS, SOAKED

2 TBSP RAW MUSTARD

2 TBSP NUTRITIONAL YEAST

1/2 TBSP TAMARI

1 TBSP OLIVE OIL

2 CLOVES GARLIC

JUICE OF 1 LEMON

1/4 CUP WATER

1/4 TSP BLACK PEPPER

PLACE ALL INGREDIENTS IN A FOOD PROCESSOR AND PROCESS UNTIL SMOOTH.

CREAMY CAESAR DRESSING

1/2 CUP MACADAMIA, SOAKED

1/4 CUP PINE NUTS, SOAKED

5 BASIL LEAVES

2-3 DATES

1/2 CLOVE GARLIC

1/4 TSP PINK SALT

1/4 TSP BLACK PEPPER

1/4 CUP COCONUT WATER

PLACE ALL INGREDIENTS IN A FOOD PROCESSOR AND PROCESS UNTIL SMOOTH.

TAHINI MISO DRESSING

1/4 CUP TAHINI

1 TBSP ORGANIC MISO PASTE

1/4 CUP FRESH CILANTRO

1 + 1/2 TBSP. APPLE CIDER VINEGAR

1/2 TSP SESAME OIL

1/4 CUP WATER

PINCH RED PEPPER FLAKES

PLACE ALL INGREDIENTS IN A BLENDER AND BLEND UNTIL SMOOTH.

ADD WATER TO DESIRED CONSISTENCY.

NACHO CHEESE SAUCE

1 YELLOW BELL PEPPER

1 CUP CASHEW, SOAKED

2 TBSP OLIVE OIL

2 TBSP LEMON JUICE

1 TBSP TAHINI

1 TBSP WHITE MISO

1/2 CUP FILTERED WATER

1 TBSP NUTRITIONAL YEAST

1/2 TSP TURMERIC POWDER

1/4 ONION

1 TSP SALT

BLEND EVERYTHING UNTIL SMOOTH.

GUACAMOLE

2 RIPE AVOCADO

JUICE OF 1 LEMON

HANDFUL FRESH CILANTRO

2 INCH ZUCCHINI, PEELED

2 CLOVE GARLIC

SALT, PEPPER TO TASTE

BLEND EVERYTHING UNTIL SMOOTH.

CILANTRO CHUTNEY

1 CUP FRESH CILANTRO

$\frac{1}{4}$ CUP FRESH MINT

1 TBSP LEMON JUICE

$\frac{1}{2}$ CUP RAW VEGAN MAYO

SALT AND PEPPER

TAMARIND CHUTNEY

$\frac{1}{2}$ CUP TAMARIND PASTE

4-5 DATES, SOAKED

PINCH SALT

BLEND EVERYTHING UNTIL SMOOTH.