

Clean Food
CRUSH

FEELING FRESH
SIMPLE, ALL-NATURAL,
HOMEMADE SALAD DRESSINGS

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HOMEMADE SALAD DRESSINGS

Rachel Maser

with
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Rachel Maser, has become the leading go-to for clean, quick, inexpensive, and healthy eating for busy Moms with busy families. Rachel began her own journey in 2013 when some of her fitness friends started asking for her delicious and quick, but clean and healthy recipes.

Rachel started posting her recipes for her friends on social media, and they quickly went viral. Rachel now has hundreds of thousands of online followers and just as many friends, who all look to her for her innovative and nutritious FUN food ideas.

Rachel has turned her recipes and ideas into multiple cookbooks containing hundreds of quick, easy, and clean recipes. She has created several groups & programs where she personally coaches people to become a little more healthy. Rachel has also authored 30 Days of Clean and Easy Recipes which has been widely recognized as the must have beginner clean food cookbook for busy families across the globe.

Rachel is extremely passionate about teaching the concept of real food tasting great and being simple to prepare. Her creations are always about real, whole food. She enjoys teaching cooking classes, meal prep courses, and in-home cooking parties. She envisions these classes spanning the globe over the next several years.

Her TRUE passion lies within pointing others down this path of simplicity ease for homemade food, and then watching their lives evolve and light up!

Rachel has seen how real nutrition changes lives, and how it changes families. She knows the need families have to gain access to fun, easy, inexpensive, real food ideas that are doable for the lifestyle of busy women.

Rachel's most valued role is a busy Mom to 4 kids under the age of 12. CleanFoodCrush (CFC) is Rachel's 5th child, one she gives to the world as a gift of Health, Hope, & Love.

Rachel's Free eBook 7 Days of Fun Clean Recipes has been downloaded over 11,000 times by families in all 50 states and many countries around the world.

Download it here: <http://7days.cleanfoodcrush.com>





Fresh Strawberry Vinaigrette

Simple, fresh tasting, refined sugar free, & delicious!
Makes about 1/2 cup dressing

Ingredients:

- 1 cup fresh strawberries
- 2 Tbs organic balsamic vinegar
- 2 Tbs unsweetened almond milk
- 2 Tbs extra virgin olive oil
- 1/4 tsp fresh lemon juice
- pinch of sea salt

Directions:

1. Combine everything in blender, blend until smooth.
2. Excellent on spinach berry salads!

Creamy Italian Clean Dressing

Makes about 2 cups

Ingredients:

- 2/3 cup water
- 2/3 cup raw cashews
- 1/3 cup lemon juice
- 1 clove garlic
- 1/3 cup extra virgin olive oil
- 2 tsp dried parsley
- 2 tsp dried basil
- 2 tsp onion powder or granulated onion
- 1 tsp dried oregano
- 1 tsp dried minced onion
- 1 tsp sea salt

Directions:

1. Place water, cashews, lemon juice, and garlic into a high-powered blender and blend on high speed until smooth
2. Add oil and blend very well
3. Add seasonings and blend until combined, refrigerate. (Tastes great cold!)
4. Stir immediately before using
5. Store in an airtight container, refrigerated **for about a week.**



Lemony Poppyseed Dressing {Perfect for Spinach Salads}

Makes about 3/4 cup

Ingredients:

- 1/4 cup fresh squeezed lemon juice
- 2 Tbs unsweetened almond milk
- 2 Tbs apple cider vinegar
- 4 Tbs extra virgin olive oil
- 1 tsp organic prepared dijon mustard
- 1 Tbs poppy seeds
- pinch of stevia or 1 tsp honey
- pinch sea salt

Directions: Whisk all ingredients, serve immediately or refrigerate up to 2 days.

Clean AWESOME Vinaigrette {GREAT for entertaining!}

Makes about 2 cups

Ingredients:

- 1/2 cup red wine vinegar
- 2 Tbsps Dijon mustard
- 1 Tbsp raw honey (taste and add second tablespoon if needed)
- 1 1/2 cup extra virgin olive oil
- 1 large shallot, finely minced
- 3 cloves garlic
- 2 anchovy fillets, chopped (trust me!)
- pinch of sea salt
- 1/4 cup finely chopped parsley
- 2 Tbsp chopped tarragon
- 1 Tbsp chopped thyme leaves
- sea salt and freshly ground black pepper to taste

Directions:

1. Blend in a high powered blender or food processor. Blend until smooth.
2. Stir immediately before using
3. Store in an airtight container, refrigerated **for about a week.**



Clean Ranch Dressing

Makes about 3 cups

Ingredients:

- 2 cups cashews
- 1/2 cup unsweetened almond milk
- 2 cloves garlic minced
- 5 Tbsp chives finely chopped
- 5 Tbsp parsley finely chopped
- 6 tsp white wine vinegar
- sea salt to taste

Directions:

1. Place the cashews in water and soak overnight in the fridge.
2. Drain and rinse the cashews and place them in the blender with just enough water to cover.
3. Blend for about 1-2 minutes.
4. Add remaining ingredients and blend on low for about a minute
5. Lasts refrigerated **for about a week.**



Clean Green Goddess

Make about 2.5 cups

Ingredients:

- 2 garlic cloves
- 2 cups packed avocado flesh
- ¼ cup ice water
- 5 Tbsps apple cider vinegar
- 6 Tbsps fresh lemon juice
- 1/3 cup extra virgin olive oil
- 1 cup fresh basil leaves
- 1 cup fresh parsley
- 1/2 cup packed green onion
- 2 tsp sea salt
- 1.5 tsp raw honey (optional)

Directions:

1. Add garlic cloves to food processor or high powered blender and process until finely chopped.
2. Add in the water, oil, avocado, herbs & onion. Process until smooth.
3. Add remaining ingredients, process until completely smooth.
4. Store in an airtight container, refrigerated **for about a week**.



Creamy Garlic Dressing

Makes about 2 cups

Ingredients:

- 1 cup extra-virgin olive oil
- 1/2 cup apple cider vinegar
- 6 cloves garlic, crushed
- 6 Tbsp. fresh lemon juice
- 3 Tbsp. chopped fresh parsley
- 2 Tsp. sea salt
- 1 Tsp. Dijon mustard
- 1 Tbsp. raw honey (or pure maple syrup)

Directions:

1. Place oil, vinegar, garlic, lemon juice, parsley, salt, mustard, and honey in a high powered blender or food processor. Blend until smooth.
2. Stir immediately before using
3. Store in an airtight container, refrigerated **for about a week.**

Lemon-Tarragon Vinaigrette (YUM!!!!)

Makes about 1/2 cup dressing

Ingredients:

- juice of 2 fresh lemons
- 1 Tbsp raw honey
- 1/3 cup extra virgin olive oil
- 4 cloves chopped garlic
- 1/2 tsp Dijon mustard
- 2 Tbsps chopped fresh tarragon
- sea salt, to taste

Directions:

1. Place ingredients in a high-speed blender; process until smooth.
2. Store in an airtight container, refrigerated **for about a week.**



Raspberry Vinaigrette Dressing { My all-time favorite Dressing! }

Clean, Gluten Free, Refined Sugar Free

Makes about 1/2 cup dressing

Ingredients:

- 20 fresh raspberries
- 2 Tbsps organic balsamic vinegar
- 2 Tbsps unsweetened almond milk OR coconut milk
- 2 Tbsps extra virgin olive oil
- 1/4 tsp fresh lemon juice
- pinch of sea salt

Directions:

1. Combine everything in blender, blend until completely smooth.
2. Excellent on spinach berry salads!
3. Store in an airtight container, refrigerated **for about a week.**

Clean Caesar Dressing

Makes about 1.5 cups

Ingredients

- 1 cup Greek Yogurt
- 4 Tbsp freshly squeezed lemon juice
- 2 Tbsp white balsamic vinegar
- 3 tsp whole-grain Dijon mustard, (I used Country Dijon)
- 1 tsp pure maple syrup or honey, optional
- 4 cloves garlic, minced
- 3 tsp Anchovy paste
- 1/2 tsp celery seeds
- 1/4 tsp kosher or sea salt
- 1/4 tsp freshly ground black pepper
- 2 Tbsp Extra-Virgin olive oil

Directions:

1. Place all ingredients, except oil, to a food processor or blender and blend until smooth. Add olive oil and pulse until combined.
2. Stir immediately before using
3. Store in an airtight container, refrigerated **for about a week.**





BEST EVER Clean Greek Dressing

Makes about ½ cup dressing

Ingredients:

- 1/3 cup extra virgin olive oil
- Juice of 2 fresh squeezed lemons
- 2 cloves garlic, minced
- 2 tsp dried Oregano
- 1 tsp sea salt
- 1 tsp black pepper

Directions:

1. Combine everything in blender, blend until completely smooth or simply whisk.
2. Excellent on chopped Greek salads!
3. Store in an airtight container, refrigerated **for about a week.**

Creamy Lime & Honey Dressing

Makes about 1 cup dressing

Ingredients:

- ¼ cup chopped cilantro
- ¼ cup extra virgin olive oil
- ¼ cup fresh lime juice
- 2 cloves chopped garlic
- 1 tsp Dijon mustard
- 2 tsp raw honey
- 3 pitted dates
- 3 Tbsps water
- sea salt, to taste

Directions:

1. Place ingredients in a high-speed blender and process until smooth.
2. Store in an airtight container, refrigerated **for about a week.**

Citrus Avocado Dressing

Makes about 1/3 cup

Ingredients:

- 4 Tbsp Avocado oil
- 4 Tbsp fresh squeezed orange juice
- 1 Tbsp raw honey
- Sea salt & pepper to taste

Directions:

1. Whisk all ingredients until combined.
2. Store in an airtight container, refrigerated **for about a week.**



Simple Cilantro Lime Dressing:

Makes about ½ cup dressing

Ingredients

- 1/4 cup extra virgin olive oil
- 1/4 cup apple cider vinegar
- 2 Tbsp water
- Juice of 2 fresh squeezed limes
- 2 cloves garlic minced
- 1-2 Tbsp chopped cilantro, depending on preference
- 1 tsp sea salt

Directions:

1. Whisk or blend well, Serve immediately.
2. Store in an airtight container, refrigerated **for about a week.**



Quick Summer Dressing

Makes about ½ cup

Ingredients:

- 1/3 cup extra virgin olive oil
- Juice of 1 fresh lemon
- 1 Tbsp organic dijon mustard
- 1/2 tsp each sea salt & pepper

Directions:

1. Whisk or blend well, Serve immediately
2. Store in an airtight container, refrigerated **for about a week.**

Nutty Herb Dressing

Makes about 1 cup

Ingredients:

- ½ cup raw walnuts
- 1 cup chopped cilantro leaves, stems removed
- 1 chopped shallots
- 3 garlic cloves
- ¼ teaspoon unrefined sea salt
- 1 tablespoon lime juice
- 3 tablespoons extra virgin olive oil
- 1 teaspoon raw honey
- 3 to 4 tablespoons water

Directions:

1. Place walnuts in the bowl of a food processor; process until fine.
2. Add cilantro, shallots, garlic, salt, lime juice, oil, honey and 1 tablespoon of water; blend to make a thick sauce, adding in water a tablespoon at a time, until desired consistency.
3. Taste, and correct seasoning with salt, if necessary.
4. Transfer to a mason jar and refrigerate until ready to use.





Blueberry Lime Balsamic Dressing

Drizzle over a Spinach & Smoked Salmon Salad!
Makes about 1/2 cup dressing.

Ingredients:

- 40 fresh blueberries
- 2 Tbs organic balsamic vinegar
- 2 Tbs unsweetened almond milk
- 2 Tbs extra virgin olive oil
- 1/4 tsp fresh lime juice
- pinch sea salt

Directions:

1. Combine everything in blender, blend until smooth.
2. serve immediately or refrigerate up to 2 days.

Spicy Sriracha-Lime Ranch Dressing

Makes about 1 cup

Ingredients:

- 1 cup Plain Greek Yogurt
- 4 Tbsp unsweetend almond milk
- 1 Tbsp Sriracha sauce (depending on your preference)
- 1 tsp Fresh Squeezed Lime Juice
- 1 tsp white wine vinegar
- 1/4 cup Tiny Diced Red Onion
- 1 Tbs Chopped Fresh Chives
- 1/2 tsp Granulated Garlic Powder
- 1/4 tsp Sea Salt
- 1/4 tsp Ground Pepper

Directions:

1. Whisk all ingredients until combined.
2. Store in an airtight container, refrigerated **for about a week.**

Almond Oil Vinaigrette

Makes about 1/3 cup

Ingredients:

- 8 Tbsp roasted Almond oil
- 2 Tbsp Sherry Vinegar
- Sea salt and pepper to taste

Directions:

1. Whisk all ingredients until combined.
2. Store in an airtight container, refrigerated **for about a week.**

Clean Eating Italian Dressing

Makes about 2 cups

Ingredients:

- 1 cup apple cider vinegar
- 1 cup extra virgin olive oil
- 1 Tbsp. garlic powder
- 1 Tbsp. onion powder
- 1 Tbsp. dried Italian herbs
- 1 tsp. dijon mustard
- 1 tsp. dried basil
- 1/2 tsp. ground black pepper
- 1/4 tsp. sea salt
- 1/2 tsp. raw honey (optional)

Directions:

1. Place all ingredients, except oil, to a food processor or blender and blend until smooth. Add olive oil and pulse until combined.
2. Stir immediately before using
3. Store in an airtight container, refrigerated **for about a week.**



Clean Honey Mustard Dressing

Makes about 1/2 cup

Ingredients:

- 1/4 cup grapeseed oil
- 6 tablespoons prepared yellow mustard, no sugar added
- 6 tablespoons raw honey
- 3 Tbsp apple cider vinegar
- 1 pinch sea salt

Directions:

1. Place all ingredients, except oil, to a food processor or blender and blend until smooth. Add olive oil and pulse until combined.
2. Stir immediately before using
3. Store in an airtight container, refrigerated **for about a week.**



Simple Grapefruit Vinaigrette

Makes about 1/2 cup dressing or 4 servings.

Ingredients:

- 2 Tbsp fresh squeezed grapefruit juice
- 1 Tbsp organic apple cider vinegar
- 2 Tbsp Fresh Chives, chopped
- 4 Tbs extra virgin olive oil
- 1/4 tsp fresh lime juice
- 1-1/2 tsp minced garlic (depending on garlic preference)
- good pinch of sea salt
- 1/4 tsp ground pepper
- 1/2 tsp dijon mustard (optional)

Directions:

1. Combine everything in blender, blend until smooth.
2. Excellent on mixed green salad with Grapefruit, Avocado, & Cooked Large Shrimp, and a little red onion.

