

A + A WELLNESS™

VITALITY SALAD DRESSING AND DIP RECIPES®



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DIPS

DRIED APRICOTS SWEET AND SOUR DIP

- 2 oz. dried apricots (sulfite & preservative free)
- 1/2 cup Coconut Secret's Raw Coconut Aminos, OR Bragg's Liquid Aminos
- 1 cup organic tomato puree
- 5 drops of liquid Stevia extract
- 1 teaspoon of cayenne pepper

Instructions: Place all ingredients in a blender and puree. Serve at room temperature or slightly chilled.



DIPS

AVOCADO DIP

- 2 medium Hass avocados ripened but firm
- 1/2 teaspoon Himalayan salt
- 1/4 teaspoon curry powder
- 1/4 teaspoon cayenne pepper
- 1 tablespoon fresh squeezed lime juice

Instructions: Cut avocados in half lengthwise, remove pits and skin. Place avocado in a medium mixing bowl and mash with potato masher. Add the remaining ingredients and mix to uniform consistency. Chill before serving.



DIPS

CUCUMBER + YOGURT DIP

- 2 organic medium cucumbers, diced
- 1/2 red onion, minced
- 1/2 clove garlic, finely grated
- 1/2 cup finely minced fresh dill weed
- 1/8 teaspoon cayenne pepper, or to taste
- 1 1/2 teaspoons Himalayan salt
- 1 1/2 cups organic low-fat plain Greek yogurt

Instructions: Combine all ingredients in a mixing bowl and whisk with a fork until mixture is smooth. Chill before serving.



DIPS

HERB DIP

- 1 teaspoon Himalayan salt
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons dried rosemary
- 1 1/2 teaspoons dried thyme
- 1 teaspoon paprika
- 1/2 teaspoon ground black pepper
- 2 teaspoons fresh squeezed lemon juice
- 1/2 cup 100% organic extra virgin, unrefined & cold pressed olive oil

Instructions: Place all ingredients in a glass mason jar, tighten lid well and shake vigorously for few seconds. Leave on counter or on warm window sill for 24 hours so herbs infuse into oil. Do not chill before serving!



DIPS

GINGER-SESAME DIP

- 1/3 cup Coconut Secret's Raw Coconut Aminos, OR Bragg's Liquid Aminos
- 1 tablespoon raw sesame seeds
- 1/2 teaspoon crushed red pepper flakes
- 1 tablespoon fresh ground ginger root
- 1 tablespoon raw & local clover honey
- 1/4 cup raw apple cider vinegar
- 1/2 teaspoon Himalayan salt

Instructions: Place all ingredients in a glass jar, seal and shake vigorously until mixture is well blended. Chill before serving.



DIPS

GUACAMOLE

- 2 medium avocados, ripened but firm
- 1 small tomato, seeded and minced
- 1/2 small red onion, minced
- 1 clove pressed garlic
- 1 teaspoon Himalayan salt
- 1/4 teaspoon ground cumin
- 1/4 teaspoon cayenne, or to taste
- 1 tablespoon fresh lime juice

Instructions: Cut avocados in half lengthwise, remove stones and peel off skin. Place avocado flesh in a mixing bowl and mash with potato masher. Add the remaining ingredients and mix with a fork to uniform consistency. Chill before serving.



DIPS

PINEAPPLE SWEET & SOUR DIP

- 4 oz fresh pineapple
- 2 tablespoons raw apple cider vinegar
- 1 teaspoon acacia or clover raw honey
- 1 teaspoon red chili powder, or to taste
- 2 tablespoons Coconut Secret's Raw Coconut Aminos or Bragg's Liquid Aminos
- 3 tablespoons tomato puree

Instructions: Place all ingredients in a blender and blend for 1 minute. Chill before serving.



DIPS

SALSA

- 1 ripened but firm medium avocado, minced
- 1/2 medium red onion, minced
- 1 medium organic bell pepper (any color), seeded and minced
- 2 medium tomatoes, minced
- 2 cloves garlic, finely grated
- 1 1/2 teaspoons Himalayan salt, or to taste
- 1/2 teaspoon red chili powder, or to taste
- 100% organic extra virgin, unrefined & cold pressed olive oil
- 2 tablespoons fresh lemon or lime juice
- 1/2 cup tomato puree
- 1/2 cup minced fresh cilantro or parsley

Instructions: Combine all ingredients in a mixing bowl and mix thoroughly. Serve at room temperature or chilled.



DIPS

SESAME DIP

- 1 cup water
- 1/2 cup fresh lemon juice
- 1/2 cup 100% organic extra virgin, unrefined & cold pressed olive oil
- 1 ¹/₄ cups unshelled raw sesame seeds
- 1 ¹/₂ teaspoons Himalayan salt, or to taste
- 1/2 teaspoon cayenne, or to taste
- Extra water if needed for thinner consistency

Instructions: Place all ingredients in a blender and blend for 2 minutes. Add extra water if needed for thinner consistency and blend again. Scoop mixture into a sealable container and serve at room temperature or chilled. Drizzle with extra virgin olive oil and lemon juice when serving.



DIPS

SPINACH-YOGURT DIP

- 1 1/2 cups organic low-fat plain yogurt
- 3 oz fresh organic spinach, finely chopped
- 1/2 medium red onion, minced
- 1 clove garlic, finely grated
- 1 1/2 teaspoons Himalayan salt, or to taste
- 1 1/2 teaspoons ground black pepper
- 1 tablespoon 100% organic extra virgin, unrefined & cold pressed olive oil

Instructions: Combine all ingredients in a mixing bowl and whisk with a fork until mixture is smooth and uniform. Chill before serving.



SALAD DRESSINGS

AVOCADO DRESSING

- 1 ripened Hass avocado, cut into chunks
- 1 clove garlic, sliced
- 1/3 cup fresh lime juice
- 1/3 cup 100% extra virgin olive, unrefined & cold pressed oil
- 3/4 cup Raw Apple Cider Vinegar
- 1 teaspoon Himalayan salt
- 1 1/2 teaspoons red chili powder

Instructions: Cut avocado lengthwise into quarters, remove pit and skin, then cut into chunks. Place all ingredients in a blender and process until mixture is finely pureed. Serve at room temperature or slightly chilled.



SALAD DRESSINGS

BELL PEPPER DRESSING

- 1 large organic bell pepper (any color), cored, seeded and cut into chunks
- 2 clove garlic, sliced
- 3/4 cup 100% extra virgin olive oil, unrefined & cold pressed
- 1/4 cup fresh squeezed lemon juice
- 2 teaspoons local & raw clover honey (omit if no access to local & raw honey!)
- 1 1/2 teaspoons Himalayan salt (add more salt to preference)
- 1/4 teaspoon cayenne pepper

Instructions: Place all ingredients in a blender and process until mixture is finely pureed. Serve at room temperature or slightly chilled.



SALAD DRESSINGS

SPINACH-YOGURT DRESSING

- 2 oz. fresh organic spinach
- 1 small red onion, cut into quarters
- 2 cloves garlic, sliced in half
- 1 1/2 teaspoons Himalayan salt
- 1 1/2 teaspoons ground black pepper
- 1/2 cup 100% extra virgin olive oil, unrefined & cold pressed
- 2 cups fat-free organic plain yogurt (preferably non-homogenized & grass-fed)

Instructions: Place all ingredients in a blender and process until mixture is finely pureed. Serve chilled.



SALAD DRESSINGS

CUCUMBER-YOGURT DRESSING

- 1 small organic cucumber, seeded and cut into chunks
- 1 clove garlic, sliced
- 2 cups organic low-fat plain yogurt
- 2 teaspoons Himalayan salt
- 2 teaspoons dried mint
- 1/4 teaspoon cayenne, or to taste
- 1/3 cup 100% extra virgin olive oil, unrefined & cold pressed

Instructions: Oil excluded, place cucumber and all remaining ingredients in a blender and process until mixture is finely pureed. Pour mixture into a jar and add oil. Seal jar and shake vigorously until mixture is well blended. Serve slightly chilled.



SALAD DRESSINGS

HERBS-VINAIGRETTE DRESSING

- 1 ¹/₄ cups 100% extra virgin olive oil, unrefined & cold pressed
- 1/4 cup water
- 1/4 cup raw apple cider vinegar
- 1 ¹/₂ teaspoons Himalayan salt, or to taste
- 1 teaspoon dried marjoram
- 1 teaspoon dried rosemary
- 1 teaspoon dried tarragon
- 1 teaspoon dried thyme
- 1 teaspoon ground black pepper
- 2 teaspoons paprika

Instructions: Place all ingredients in a jar, seal and shake vigorously until mixture is well blended. Best when served slightly chilled.



SALAD DRESSINGS

LEMON-ORANGE DRESSING

- 1 cup 100% extra virgin olive oil, unrefined & cold pressed
- 3/4 cup fresh squeezed orange juice
- 1/4 cup fresh lemon juice
- 2 teaspoons Himalayan salt, or to taste
- 1 tablespoon ground black pepper
- 1 tablespoon Hungarian paprika

Instructions: Place all ingredients in a jar, seal and shake vigorously until mixture is well blended. Best when served slightly chilled.



SALAD DRESSINGS

SWEET ONION VINAIGRETTE DRESSING

- 1/2 medium yellow onion, sliced in half
- 2 teaspoons Himalayan salt, or to taste
- 2 teaspoons ground yellow dry mustard
- 1 tablespoon paprika
- 1 dropper full of liquid Stevia extract
- 1/2 cup raw apple cider vinegar
- 1/2 cup tomato puree
- 3/4 cup 100% extra virgin olive oil, unrefined & cold pressed

Instructions: Olive oil excluded, place all remaining ingredients in a blender and process until mixture is finely pureed. Pour mixture into a jar and add oil. Seal jar and shake vigorously until mixture is well blended. Serve at room temperature or slightly chilled.



SALAD DRESSINGS

TOMATO-YOGURT DRESSING

- 1/2 cup 100% extra virgin olive oil, unrefined & cold pressed
- 3/4 cup tomato puree
- 3/4 cup organic low-fat plain yogurt
- 3 tablespoons fresh squeezed orange juice
- 1 clove garlic, finely grated
- 2 teaspoons Himalayan salt, or to taste
- 2 teaspoons ground black pepper
- 2 teaspoons ground cumin

Instructions: Place all ingredients in a jar, seal and shake vigorously until mixture is well blended. Best when served slightly chilled.



SALAD DRESSINGS

PEANUT-VINAIGRETTE DRESSING

- 4 oz organic unsweetened & unsalted peanut butter (approx. 1/2 cup)
- 1/4 cup raw apple cider vinegar
- 1/4 cup fresh lime juice
- 1/2 cup fresh squeezed orange juice
- 2 tablespoons Coconut Secret's Raw Coconut Aminos OR Bragg's Liquid Aminos
- 1 teaspoon Himalayan salt, or to taste
- 1/4 teaspoon crushed red pepper flakes, or to taste
- 1/4 cup 100% extra virgin olive oil, unrefined & cold pressed

Instructions: Oil excluded, place all remaining ingredients in a blender and process until mixture is finely pureed. Add extra orange juice if needed for thinner consistency and blend again. Pour mixture into a jar and add oil. Seal jar and shake vigorously until mixture is well blended. Serve slightly chilled.



SALAD DRESSINGS

FLAXSEEDS-CHIA LEMON DRESSING

- 1 cup 100% extra virgin olive oil, unrefined & cold pressed
- 3/4 cup fresh squeezed lemon juice
- 2 cloves garlic, finely grated
- 1 tablespoons ground flaxseeds
- 1 tablespoons ground Chia seeds
- 1/4 tablespoon Coconut Secret's Raw Coconut Aminos, OR Bragg's Liquid Aminos
- 1 tablespoon raw and local clover honey
- 2 teaspoons fresh ground ginger root
- 1/2 teaspoon cayenne pepper

Instructions: Place all ingredients in a jar, seal and shake vigorously until mixture is well blended. Serve slightly chilled.



SALAD DRESSINGS

GREEK TZATZIKI DRESSING

- 1 large organic cucumber
- 1 ripe Hass or Florida avocado
- 1/2 cup fresh dill
- 1 tablespoon fresh squeezed lemon juice
- 1 tsp. Himalayan salt
- 1/4 tsp. Black Pepper
- 1/4 cup 100% organic extra virgin, unrefined & cold pressed olive oil
- 1 cup organic plain whole-milk Greek yogurt

Instructions: Chop cucumber in small pieces. Combine all ingredients, except cucumber pieces, into a food processor and mix well. Pour the mixture over cut cucumber pieces and mix well. Chill for at least 2 hours before serving.





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