



# Street Parking Dressings

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template approved



prep time  
5-10 min



total time  
5-10 min



servings  
1 cup

## Ingredients

### Ranch

- 1/4 cup coconut milk ~ 1 fat serving
- 1/4 cup/70 grams non-fat greek yogurt ~ 1 protein serving
- 2 TBSP avocado oil ~ 2 fat servings
- 2 tablespoons apple cider vinegar
- 1 tablespoon dried chives
- 1 tablespoon dried parsley
- 1 teaspoon dried dill
- 1 teaspoon granulated garlic
- 1 teaspoon sea salt
- 1/2 teaspoon onion powder

### Avocado Lime

- 2 medium-large avocados (200 grams) ~ 2 fat servings
- 1/2 cup cilantro
- 1/4 cup lime juice

### Tahini

- 4 tablespoons tahini ~ 2 fat servings
- 3 1/2 tablespoons coconut aminos
- 2 tablespoons lemon juice
- 3/4 teaspoon garlic powder
- 3/4 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- 2 1/2 tablespoons water, for thinning (use more if you like)
- salt, to taste

\* You can increase the ingredients proportionally to get a larger batch if you wish.

# simple salad dressings

## Instructions

### Ranch

- 1 Combine coconut milk, greek yogurt, avocado oil, and apple cider vinegar in a high powered blender. Blend until fully emulsified.
- 2 Add dried herbs, garlic, sea salt, and onion powder to the liquid ingredients and pulse a few times to combine.
- 3 Store in the fridge, in a sealed jar for up to a week.

### Avocado Lime

Place in a high-powered blender and blend until smooth (about 1 minute)



### Tahini

Put all ingredients to a small bowl and whisk until combined

Whole recipe serving breakdown:  
The whole recipe for each is 2-3 fat servings (ranch dressing has 1 total serving of protein); you can increase the ingredients proportionally to get a larger batch.

