

# 2 MINUTE SALAD DRESSINGS

*Paul and Yulia Tarbath*



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### *2-Minute Salad Dressings*

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# Just Eat A Salad!

Whilst fruit is a great source of healthy carbohydrates and a superb way to boost your intake of many vitamins and phytonutrients, salads and leafy greens are great for boosting your intake of minerals.

Greens are an abundant source of minerals, protein and many other nutrients.

For example, if you ate 1 pound of romaine lettuce in a day, you would have consumed:

- ✓ 5g of healthy plant protein
- ✓ 122% of the RDA for Folate
- ✓ 513% of the RDA for vitamin K
- ✓ Plus, calcium, iron, magnesium, Omega 3, and more!



In addition to being packed full of nutrients, low-fat salads and salad dressings are ideal for helping you achieve a slim figure and shifting extra weight as they are high in volume, but low in calories!

Lettuce, spinach, celery, fresh herbs, cucumbers, tomatoes, zucchinis, cauliflower with lush, tasty and creamy dressings – what a super tasty abundance!

Greens and other veggies will also help you control your cravings for unhealthy savoury foods.

So get into the habit of having an abundance of greens and vegetables in your meal plan.

Good quality, organic greens and salads are a great way to get those much needed minerals that your body requires, all year round.

We absolutely love eating our evening salads with beautiful, aromatic raw dressings!

And we want to help you get the most out of your evening meals too.

So we created 10 low-fat, super quick and easy to make salad dressings that you can eat everyday.

Something that we enjoy doing ourselves is adding greens to our salad dressings and blending them.

In this way, it is so much easier to eat lots of greens and keep our mineral intake high.

Plus, blended greens are even easier to digest and you will have even more nutrients available for your body to absorb.

A variety of lettuce, bok choy, dandelion greens or micro greens are all good to add as an extra to all the dressings you will find in this book.

Enjoy your salads!



*Yours in rawsome health,*

*Paul and Yulia Tarbath*



# Serving Sizes And Equipment

All the salad dressings listed in this book are for one person.

If you are preparing your dressings for more than one person, simply multiply the ingredients by however many people you are preparing these dressings for.

As for the equipment, all you need is a blender.

Vitamix, Blendtec or NutriBullet are the top 3 brands that we recommend, however you can also use other brands of course.

If you don't have a blender, you can also use a food processor.

That's it, you are all set to go!



# Olive and Tomato

**A combination of tomatoes and olives with an aromatic blend of herbs.**

## **Ingredients:**

- ❖ 15 medium raw olives, pitted (place in clean water for 48 hours to remove the salt)
- ❖ 1 cup cherry tomatoes
- ❖ 1 medium celery stalk
- ❖ ½ cup arugula
- ❖ ½ cup parsley



## **Preparation:**

- Place pitted olives, cherry tomatoes, celery stalk, arugula and parsley into a food processor.
- Process together until smooth.
- Pour over your favourite salad or use as a tasty, savoury dip.
- Eat and enjoy!

# Blue Pineapple

**A sweet blend of blueberries, sweet pineapple, celery and herbs.**

## **Ingredients:**

- ❖ 1 cup chopped, ripe pineapple
- ❖ 1 cup blueberries
- ❖ 1 stalk celery
- ❖ ½ cup freshly chopped parsley
- ❖ ¼ cup ground flax seeds

## **Preparation:**

- Place the blueberries and pineapple into a blender.
- Chop the celery stalks into 1-inch pieces and place into the blender.
- Add chopped parsley and flax seeds.
- Blend all the ingredients together until smooth.
- Delicious!



# Coconut Beet

**Amazingly simple and tasty dressing with just 3 ingredients!**

## **Ingredients:**

- ❖ 2 medium beetroots
- ❖ ½ cup coconut flesh (fresh or desiccated)
- ❖ The juice of 1 lemon

## **Preparation:**

- Peel the beetroots.
- Chop them roughly and place into a blender.
- Add the coconut flesh and lemon juice.
- Blend together until smooth.
- Enjoy!





# Red Tahini

**Appetizing and creamy tahini! Sun-dried tomatoes make this dressing savoury and satiating.**

## **Ingredients:**

- ❖ 1 heaped tablespoon tahini
- ❖ 2 medium tomatoes
- ❖ ¼ cup sun-dried tomatoes
- ❖ 1 medium celery stalk
- ❖ ½ cup chopped parsley
- ❖ 8 basil leaves



## **Preparation:**

- Chop up the tomatoes and place into a blender.
- Chop the celery stalk into pieces and add to the blender.
- Place the sun-dried tomatoes, basil leaves and parsley in the blender.
- Blend all the ingredients together until smooth.
- Bon appetite!

# Marinara

**So Italian! A mouth-watering mix of soft, sun kissed mango mixed with tomatoes and herbs. Mama Mia!**

## **Ingredients:**

- ❖ The flesh of 1 soft, medium mango
- ❖ 1 cup cherry tomatoes
- ❖ ½ cup sun-dried tomatoes
- ❖ ½ cup chopped baby spinach
- ❖ The juice of ½ lemon
- ❖ 10 medium, fresh basil leaves
- ❖ ½ cup chopped parsley
- ❖ 1 teaspoon chopped oregano



## **Preparation:**

- Chop the mango flesh into chunks and place into a blender.
- Add tomatoes, sun-dried tomatoes, spinach, lemon juice, and herbs.
- Blend all the ingredients together until smooth.
- Pour over your favourite salad and enjoy – bellissimo!

# Walnut Pate

**Creamy, nutty and delicious, this easy pate is a great addition to your salads, making them rich in Omega 3 and 6!**

## **Ingredients:**

- ❖ ½ cup walnuts (soaked in water for 6-8 hours)
- ❖ 1 large carrot
- ❖ 1 red or yellow bell pepper
- ❖ 1 tablespoon lemon juice
- ❖ ½ teaspoon sage
- ❖ ½ cup freshly chopped parsley
- ❖ ½ cup freshly chopped cilantro



## **Preparation:**

- Peel the carrots and chop them into small pieces.
- Drain the water from the walnuts and place the walnuts into a blender.
- De-seed the bell pepper and cut into pieces.
- Add the carrot, bell pepper, lemon juice and herbs to the blender.
- Blend together until smooth.
- Enjoy!

# Avocado Butter

**Creamy, buttery and scrumptious dressing. It can be served as a salad dressing or a creamy dip.**

## **Ingredients:**

- ❖ ½ ripe, medium avocado
- ❖ 1 fresh sweet corn cob (non-GMO)
- ❖ ½ medium zucchini, peeled
- ❖ 1 tablespoon pure water (add slightly more or less, depending on your desired consistency)
- ❖ ½ cup fresh dill, chopped
- ❖ 8 small chive stalks, chopped



## **Preparation:**

- Place the water into a blender.
- Chop the zucchini into rough chunks and add to the blender.
- Cut the sweet corn off the cob and place into the blender.
- Add the avocado, chopped dill and chives.
- Blend all the ingredients together until smooth.
- So creamy, enjoy!



# Raspberry Vinaigrette

**Very light and easy to digest dressing with just 3 ingredients!**

## **Ingredients:**

- ❖ 1 cup raspberries (fresh or frozen)
- ❖ 2 stalks celery
- ❖ ½ tablespoon lime juice

## **Preparation:**

- Place the raspberries, celery and lime juice into a blender.
- Blend all the ingredients together until smooth.
- Pour over your favourite salad and enjoy!





# Citrus Gone Creamy

Always tasty and fresh dressing with avocado, oranges and greens.

## Ingredients:

- ❖ ½ ripe avocado
- ❖ 2 oranges
- ❖ ½ medium zucchini, peeled
- ❖ 1 celery stalk
- ❖ ½ cup fresh arugula

## Preparation:

- Peel the oranges and place them into a blender.
- Chop the zucchini and celery into pieces.
- Place the zucchinis, celery and arugula into the blender.
- Blend together until smooth.
- Pour over your salad and enjoy!



# Peach-Mango Galore

**Celebrate summer with this simple fresh dressing that contains no overt fat!**

## **Ingredients:**

- ❖ 1 soft mango
- ❖ 2 peaches or nectarines, stone and skin removed
- ❖ 1 cup baby spinach
- ❖ ½ cup chopped kale (optional)
- ❖ 1 tablespoon lemon juice



## **Preparation:**

- Peel the mango and cut the flesh off the seed.
- Chop the mango and peaches into rough pieces.
- Place mango, peaches, lemon juice, spinach and optional kale into a blender.
- Blend together until smooth.
- Serve and enjoy!

# About The Authors



**Paul and Yulia Tarbath** are certified Nutritionists and Lifestyle Coaches, parents, world travellers and fitness enthusiasts who enjoy assisting people from around the world in regaining their health, vibrancy and passion for life.

They switched to a fruit-based raw food lifestyle in 2009 and since then their lives have been transformed.

This lifestyle has helped Yulia recover from a health crisis and heal Candida, chronic fatigue, digestive disorders, PMS, mental/emotional imbalances, hypoglycaemia, depression, infertility, and severe food cravings.

Paul healed headaches, re-occurring colds and flu. As a result of their high-energy raw vegan lifestyle, they have transformed into vibrant and fit people who are now parents to a young daughter.

Paul and Yulia both educate and coach on the high-fruit raw food diet and health. They deliver workshops and seminars, have written numerous books, articles and have appeared in national papers, magazines, radio shows and health summits.

Their website is: [www.rawsomehealthy.com](http://www.rawsomehealthy.com)