



AIP Dressings Sauces and Spice Mixes

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Garlic Herb Seasoning

3 servings

5 minutes

Ingredients

- 1 1/2 tbsps Dried Parsley
- 1 1/2 tsps Oregano
- 1 1/2 tsps Garlic Powder
- 1 tsp Onion Powder
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tsp Nutritional Yeast (optional)

Directions

- 1 Combine all spices into a jar or container with a lid and shake well to combine.

Notes

Leftovers: Store in an airtight container at room temperature for up to three months.

How to Use It: Season chicken, pork, pasta, veggies, roasted potatoes or popcorn.



Everything Bagel Seasoning

18 servings

5 minutes

Ingredients

35 grams Poppy Seeds
35 grams Sesame Seeds
35 grams Garlic Powder
20 grams Dried Onion Flakes
3 tbsps Sea Salt

Directions

- 1 Combine all ingredients in a jar and shake to mix well.

Notes

Serve it On: Eggs, roasted veggies or to season meat/fish.

Storage: Store tightly sealed in a jar in a cool cupboard up to 3 months.



Nightshade-Free Curry Powder

8 servings

5 minutes

Ingredients

- 1 tbsp Turmeric
- 2 tsps Coriander
- 2 tsps Cumin
- 1/2 tsp Cinnamon
- 1/4 tsp Ground Ginger
- 1/4 tsp Cardamom
- 1/8 tsp Nutmeg

Directions

- 1 Combine all ingredients in a small bowl and mix well with a fork. Enjoy!

Notes

Leftovers: Keep in an airtight container for up to six months.

Serving Size: One serving is equal to approximately one teaspoon.



Greek Seasoning Blend

6 servings

5 minutes

Ingredients

- 1 tbsp Oregano (dried)
- 2 tsps Dried Basil
- 1 1/2 tsps Dried Dill
- 1 1/2 tsps Dried Parsley
- 1 tsp Garlic Powder
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/4 tsp Nutmeg

Directions

- 1 Combine all of the ingredients in a jar or bowl and mix well. Store in an airtight jar. Use it to season dressings, rice, meat, and/or vegetables.

Notes

Serving Size: One serving is approximately two teaspoons.



Poultry Seasoning

10 servings

5 minutes

Ingredients

- 1 1/3 tbsps Ground Sage
- 1 tbsp Dried Thyme
- 2 tsps Dried Marjoram
- 1 1/2 tsps Dried Rosemary
- 1 tsp Nutmeg (ground)

Directions

- 1 Combine all spices into a jar or container with a lid and shake well to combine.

Notes

Leftovers: Store in an airtight container for up to three months.

Serving Size: One serving equals approximately one teaspoon.

More Flavor: Add salt and pepper to taste.

No Marjoram: Use oregano instead.



Mediterranean Spice Mix

5 servings

15 minutes

Ingredients

- 1 tsp Dried Parsley
- 2 tsps Dried Basil
- 2 tsps Oregano (dried)
- 1/2 tsp Dried Dill
- 1/2 tsp Dried Mint
- 1/2 tsp Onion Powder
- 1 tsp Garlic Powder
- 1/4 tsp Black Pepper

Directions

- 1 Combine all ingredients together in a small bowl or jar. Enjoy!

Notes

Leftovers: Store in an airtight container in the cupboard for up to six months.

Serving Size: One serving is equal to approximately half a teaspoon.

More Flavor: Add red pepper flakes and dried lemon zest.



Masala Chai Spice Blend

12 servings

5 minutes

Ingredients

3 tbsps Cinnamon
1 tbsp Cardamom
1 tbsp Ginger
1/2 tsp Nutmeg
1/2 tsp Ground Cloves
1/2 tsp Ground Allspice

Directions

- 1 Add all of the ingredients into a bowl or a jar and mix well. Seal and store in the pantry. Enjoy!

Notes

Storage: Store in an airtight container in the pantry for up to six months

Serving Size: One serving is approximately half of a teaspoon.

How to Use: As a seasoning in tea, smoothies, baking, in curries, with rice, and more.



Green Goddess Sauce

3 servings

10 minutes

Ingredients

1 Avocado (large)
30 grams Parsley (stems removed)
1 stalk Green Onion (trimmed,
chopped)
1/4 tsp Sea Salt (to taste)
235 milliliters Water (divided)

Directions

- 1 Add the avocado, parsley, green onion, salt, and half the water into a food processor. Blend until smooth, scraping down the sides as needed.
- 2 Add more water, one tablespoon at a time until your desired consistency is reached. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1/3 cup.

More Flavor: Add lemon juice, garlic powder, onion powder, black pepper, or cilantro. Substitute some of the water with extra virgin olive oil.



Garlic Yogurt Sauce

3 servings

5 minutes

Ingredients

75 grams Unsweetened Coconut Yogurt
1/2 Garlic (small clove, minced)
2 tsps Lemon Juice
Sea Salt & Black Pepper (to taste)

Directions

- 1 Combine the coconut yogurt, garlic, and lemon juice in a small bowl. Season with salt and pepper to taste. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two tablespoons.

More Flavor: Add dried herbs like parsley, chives, or oregano.

No Coconut Yogurt: Use Greek yogurt instead.

Serve it With: Protein of choice, bowls, salads, or as a dipping sauce.



Dill & Hemp Seed Dressing

4 servings

10 minutes

Ingredients

80 grams Hemp Seeds
60 milliliters Hemp Oil
2 grams Fresh Dill
3 tbsps Apple Cider Vinegar

Directions

- 1 Add all of the ingredients into a blender or food processor and blend until smooth.
- 2 Serve on a salad or with vegetables and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately two tablespoons of dressing.

No Hemp Oil: Use avocado oil or olive oil instead.

More Flavor: Add salt and pepper to taste.



Lemon Garlic Tahini Dressing

2 servings

5 minutes

Ingredients

2 tbsps Tahini
2 tbsps Water (warm)
2 tbsps Lemon Juice
1 Garlic (clove, small, minced)
1 1/2 tps Nutritional Yeast
1/8 tsp Sea Salt

Directions

- 1 Whisk all ingredients together in a mixing bowl. Season with additional salt or lemon juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately two and a half tablespoons.

Dressing Consistency: If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.



Ginger Lime Dressing

2 servings

5 minutes

Ingredients

2 tbsps Coconut Aminos
1 tbsp Lime Juice
1/2 tsp Ginger (fresh, grated or
minced)

Directions

1 Combine all ingredients in a small bowl. Refrigerate until ready to use. Enjoy!

Notes

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Carrot Ginger Dressing

8 servings

5 minutes

Ingredients

- 1 Carrot (medium, peeled and chopped)
- 120 milliliters Orange Juice (freshly squeezed)
- 60 milliliters Rice Vinegar
- 2 tbsps Coconut Aminos
- 2 tbsps Unsweetened Applesauce
- 1 1/2 tbsps Red Onion (finely chopped)
- 1 1/2 tpsps Ginger (fresh, grated)

Directions

- 1 Add all ingredients to a high speed blender. Blend for about a minute, gradually increasing the speed until very smooth.
- 2 Refrigerate until ready to use. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to a week. Shake well before serving.

Serving Size: One serving is approximately three tablespoons of dressing.

Carrots: One medium carrot chopped is equal to approximately 1/2 cup chopped carrots.

No Applesauce: Use a liquid sweetener of choice to taste.

No Rice Vinegar: Use apple cider vinegar instead.

No Red Onion: Use green onion instead.



Coconut Lime Dressing

2 servings

5 minutes

Ingredients

170 grams Unsweetened Coconut Yogurt
10 grams Cilantro (stems removed)
1 tsp Lime Juice
1/4 tsp Sea Salt

Directions

- 1 Add all the ingredients into a food processor. Blend until smooth, scraping down the sides as needed.
- 2 Adjust the salt and lime juice to your preference. Add water to loosen, if desired (optional). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1/3 cup.

Additional Toppings: Add red pepper flakes, wasabi paste, or green onion.



Hemp Caesar Dressing

12 servings

5 minutes

Ingredients

3 tbsps Lemon Juice
2 tbsps Extra Virgin Olive Oil
80 grams Hemp Seeds
2 Garlic (cloves)
2 tbsps Nutritional Yeast
Sea Salt & Black Pepper (to taste)
60 milliliters Water

Directions

- 1 Combine all ingredients in a blender and blend until smooth and creamy. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately one tablespoon.

No Hemp Seeds: Use soaked cashews instead.