



Summer Salads

SIMPLE & HEALTHY FOOD RECIPES

SHARON MUNSIE

Coriander Lime Dressing

8 SERVINGS 5 MINUTES



INGREDIENTS

1/2 Avocado (sliced)
2 tbsps Extra Virgin Olive Oil
1 tsp Sea Salt
1 tsp Ground Ginger
2 tbsps Lime Juice
1/4 tsp Coriander (finely chopped)
1/2 cup Canned Coconut Milk

DIRECTIONS

- 01 Add all of the ingredients into a blender and blend until completely smooth.
- 02 Season with additional salt or lime juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to 2 tablespoons of dressing.

NO COCONUT MILK

Use almond milk or unsweetened oat milk instead.

Sweet Dijon Salad Dressing

4 SERVINGS 5 MINUTES



INGREDIENTS

1/4 cup Unsweetened Applesauce
2 tbsps Apple Cider Vinegar
1 1/2 tbsps Maple Syrup
1 tbsp Dijon Mustard
1 tbsp Water
1/4 tsp Sea Salt
1 Garlic (clove, minced)

DIRECTIONS

01 Add all ingredients to a jar, cover, and shake well. Refrigerate until ready to use. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to a week.

SERVING SIZE

One serving is equal to approximately two tablespoons.

MORE FLAVOR

Add dried herbs like parsley.

Miso Dressing

4 SERVINGS 5 MINUTES



INGREDIENTS

1/3 cup Tahini
1 tbsp Honey
1 1/2 tps Tamari
1/4 cup Water
1 tsp Sesame Oil
1 tsp Miso Paste
2 tbsps Rice Vinegar

DIRECTIONS

01 Add all the ingredients into a mini food processor and blend until smooth. Alternatively, use an immersion blender, shake vigorously in a jar, or whisk all of the ingredients in a bowl. Adjust any flavors to your preference as needed. Enjoy!

NOTES

MORE FLAVOR

Add grated ginger and garlic.

Tofu Caesar Dressing

8 SERVINGS 10 MINUTES



INGREDIENTS

397 grams Tofu (soft, crumbled)
2 tbsps Nutritional Yeast
2 tbsps Dijon Mustard
2 tbsps Apple Cider Vinegar
2 tbsps Water
1 tbsp Tamari
3 Garlic (cloves, minced)
1/8 tsp Sea Salt (to taste)

DIRECTIONS

- 01 Add all of the ingredients to a food processor and blend until smooth. Taste and adjust flavors if needed. If the dressing is too thick, add water, one tablespoon at a time until desired consistency is reached.
- 02 Transfer to an airtight container and refrigerate until ready to use. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving equals approximately 1/4 cup.

ADDITIONAL TOPPINGS

Serve it with salad, over your protein of choice, or as a dip with vegetable sticks.

Cranberry Orange Mocktail

2 SERVINGS 5 MINUTES



INGREDIENTS

- 4 Ice Cubes (large)
- 118 milliliters Cranberry Juice
- 1/4 cup Orange Juice (freshly squeezed)
- 2 tsps Maple Syrup
- 1 cup Sparkling Water
- 1/2 cup Frozen Cranberries
- 1/4 Navel Orange (cut into wedges)

DIRECTIONS

- 01 Divide the ice cubes, cranberry juice, orange juice, and maple syrup into glasses. Stir to combine. Top each with sparkling water and cranberries. Garnish with orange slices. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately but can be refrigerated for up to five days. When ready to serve, add the cranberries and ice.

MORE FLAVOR

Add cinnamon sticks when ready to serve.

NO FROZEN CRANBERRIES

Use fresh cranberries.

Sweet Fizz Kombucha Mocktail

4 SERVINGS 5 MINUTES



INGREDIENTS

- 1 Navel Orange (sliced)
- 2 cups Kombucha (raspberry hibiscus)
- 2 cups Grapefruit Juice
- 1 Lime
- 2 tbsps Raspberries
- 8 Ice Cubes (crushed for serving)
- 1 tsp Sea Salt
- 1 tsp Chilli Powder

DIRECTIONS

- 01 On a small plate, mix together salt and chili powder
- 02 With a lime wedge, rim each glass and dip into the chili powder mixture
- 03 Next, stir the kombucha and white grape juice together while adding in the fruit
- 04 Lastly fill the glasses with ice, juice, and sliced fruit. Serve with a lime on the rim.

Pomegranate Thyme Mocktail

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Pomegranate Juice
2 tsps Maple Syrup
4 Ice Cubes (large)
2 cups Sparkling Water
1/4 cup Pomegranate Seeds
14 grams Thyme Sprigs

DIRECTIONS

01 Divide the pomegranate juice and maple syrup into glasses. Stir to combine. Add the ice then top each with sparkling water and pomegranate seeds. Garnish with thyme. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately but can be refrigerated for up to five days. When ready to serve, add the pomegranate seeds and ice.

MORE FLAVOR

Add lime or orange juice.

NO THYME

Use fresh rosemary.

Sauerkraut Chickpea Bowl

4 SERVINGS 25 MINUTES



INGREDIENTS

2 Sweet Potato (medium, diced)
1/4 cup Tahini
1 1/2 tbsps Apple Cider Vinegar
2 tbsps Water
1 tsp Honey
1/8 tsp Sea Salt
4 cups Kale Leaves (tough stems removed, torn)
2 cups Chickpeas (cooked)
3/4 cup Sauerkraut
1 cup Alfalfa Sprouts

DIRECTIONS

- 01 Preheat the oven to 220°C and line a baking sheet with baking paper.
- 02 Arrange the diced sweet potato onto the baking sheet in an even layer and bake for 20 to 25 minutes, tossing halfway.
- 03 In a bowl, whisk together the tahini, apple cider vinegar, water, honey, and salt. Set aside.
- 04 Divide the kale, chickpeas, sauerkraut, and sweet potato into bowls. Add 1/4 cup of alfalfa sprouts to each bowl. Drizzle the tahini dressing over the top and enjoy!

NOTES

LEFTOVERS

Store dressing separately and refrigerate in an airtight container for up to four to five days.

Rocket Salad with Salmon

1 SERVING 15 MINUTES



INGREDIENTS

170 grams Salmon Fillet
1/8 tsp Sea Salt
1 tbsp Extra Virgin Olive Oil
1 tbsp Lemon Juice
2 handfuls Rocket
1/4 Cucumber (sliced)
1/2 Avocado (sliced)
1 Fig (optional, quartered)

DIRECTIONS

- 01 Heat a frying pan over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 02 In a small bowl, mix the oil and lemon juice together.
- 03 Add the rocket to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

NOTES

LEFTOVERS

For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

MORE FLAVOR

Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

ADDITIONAL TOPPINGS

More vegetables, nuts or seeds.

Wild Rice & Nori Bowl

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 cup Wild Rice (dry)
- 1/3 cup Tahini
- 1/4 cup Water
- 2 tbsps Rice Vinegar
- 1 tbsp Honey
- 1 tsp Miso Paste
- 1 Cucumber (chopped)
- 2 cups Matchstick Carrots
- 2 cups Frozen Edamame (thawed)
- 4 Nori Sheets (small, thinly sliced)

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Add the tahini, water, vinegar, honey, and miso to a jar or bowl. Whisk, blend, or shake until smooth. Adjust any flavors to your preference as needed.
- 03 Divide the rice, cucumbers, carrots, and edamame into bowls. Top with the miso dressing and nori. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 1 1/2 cups.

MORE FLAVOR

Add grated ginger, garlic, tamari, and/or sesame oil to the dressing.

ADDITIONAL TOPPINGS

Add sesame seeds, green onions, chives, toasted cashews, tofu, chopped bell peppers, and/or avocado.

Pomegranate & Beet Salad

4 SERVINGS 35 MINUTES



INGREDIENTS

3 cups Water
2 Beetroot (peeled, chopped)
2 tbsps Avocado Oil
1/4 cup Apple Cider Vinegar
3 cups Mixed Greens
2 Mandarins (peeled, sectioned)
1/4 cup Pomegranate Seeds
1/4 cup Feta Cheese

DIRECTIONS

- 01 Bring the water and beets to a boil. Cook for 25 minutes or until soft. Set aside to cool.
- 02 While the beetroots cook, make the dressing. Combine the oil and apple cider vinegar in a jar and shake vigorously until combined.
- 03 Divide the mixed greens evenly between plates. Top with the cooled beetroots, mandarins, pomegranate seeds and cheese. Add the dressing and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

DAIRY-FREE

Use nutritional yeast instead of feta cheese, or simply omit the cheese.

ADDITIONAL TOPPING

Add nuts and seeds.

Cucumber Carrot & Apple Fresh Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1 Cucumber (sliced into ribbons with a peeler)
- 1 Carrot (sliced into ribbons with a peeler)
- 1 handful Rocket
- 1 Orange (peeled and segmented)
- 2 tbsps Pepitas (lightly roasted and salted)
- 2 tbsps Dried Unsweetened Cranberries
- 1 tbsp Extra Virgin Olive Oil (Dressing)
- 1 1/2 tbsps Apple Cider Vinegar (Dressing)
- 1 1/2 tps Raw Honey (Dressing)
- 1/2 Sea Salt & Black Pepper (Dressing)
- 1/2 Orange (Juiced for Dressing)
- 1 Green Apple (diced or spiralised)

DIRECTIONS

- 01 In a jar or small bowl combine all dressing ingredients and shake or whisk together well.
- 02 On a serving platter arrange cucumber, carrot, apple, rocket and orange. Sprinkle with pepitas and dried cranberries.
- 03 Drizzle dressing over salad and serve.

Roasted Broccoli Salad with Lemon Dressing

4 SERVINGS 30 MINUTES



INGREDIENTS

3 cups Broccoli (florets, chopped)
1 tsp Avocado Oil
1/4 tsp Sea Salt (divided)
2 tbsps Extra Virgin Olive Oil
2 tbsps Lemon Juice
3 cups Baby Kale
3 tbsps Pomegranate Seeds
2 tbsps Pumpkin Seeds
1/4 cup Feta Cheese (crumbled)

DIRECTIONS

- 01 Preheat the oven to 200°C and line a baking sheet with parchment paper. Add the broccoli, avocado oil and half the sea salt to the sheet and toss to combine. Bake for 15 to 20 minutes, until crispy.
- 02 In a small bowl, add the extra virgin olive oil, lemon juice and the remaining sea salt.
- 03 Add the kale to a large bowl along with the broccoli, pomegranate seeds, pumpkin seeds and feta. Drizzle the dressing over top and toss to combine. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate the salad contents and dressing in separate airtight containers for up to three days.

DAIRY-FREE

Omit the feta or use a dairy-free cheese.

NO AVOCADO OIL

Use olive oil instead.

ADDITIONAL TOPPINGS

Add chickpeas, edamame, cooked chicken or salmon to make it a meal.

Rainbow Lettuce Wraps with Spicy Mango Dressing

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1 Red Capsicum (thinly sliced)
- 1 Carrot (medium, grated)
- 2 stalks Green Onion (thinly sliced)
- 1 Mango (small, chopped)
- 3 tbsps Water
- 2 tbsps Apple Cider Vinegar
- 1 Garlic (clove, small, minced)
- 1/2 tsp Chilli Flakes
- 1/8 tsp Sea Salt
- 1 head Romaine Hearts (large leaves separated, washed and dried)
- 2 Avocado (diced)
- 2 tsps Sesame Seeds
- 1/4 tsp Coriander

DIRECTIONS

- 01 In a large mixing bowl combine the cabbage, capsicum, carrot and green onions. Toss to combine and set aside.
- 02 Add the mango, water, apple cider vinegar, garlic, chilli flakes and sea salt to a food processor and blend until smooth.
- 03 To assemble the lettuce wraps, divide the cabbage mixture between the romaine leaves and garnish with avocado, sesame seeds, coriander and spicy mango dressing. Serve immediately and enjoy!

NOTES

LEFTOVERS

Refrigerate veggies, dressing and toppings in separate airtight containers for up to five days. Assemble lettuce wraps just before serving

ADDITIONAL TOPPING

For extra crunch add sliced almonds or pumpkin seeds.