



Go Wild, Orange Vinaigrette Dressing Recipe

Equipment needed: High-Speed Blender

Ingredients:

- 1/2 cup chopped zucchini and 1/4 cup olive oil
- 3 tablespoons coconut nectar or [date paste](#)
- 2 1/2 tablespoons apple cider vinegar
- 2 tablespoons raw almond butter (or raw cashew butter – my personal choice is Artisana brand – adds a rich and creamy texture to dressing)
- 1 tablespoon water
- 2 teaspoons [sweet white or chickpea miso](#)
- 1/4 teaspoon Himalayan salt
- 1/4 teaspoon black pepper

- 10 drops *Orange essential oil* (caution: only use pure therapeutic grade oils when using in recipes).

Preparation Steps:

1. Place all ingredients in high-speed blender and blend until smooth.
2. Store in sealed glass container in refrigerator.

I know you will enjoy this recipe for orange vinaigrette salad dressing. Every time I serve it, people ask for the recipe.

Go Wild, Lemon Vinaigrette Dressing

Try using essential oil of lemon in place of orange for a wild, lip smacking delicious variation of the above dressing!

Health benefits of orange essential oil: Relieves inflammation, boost immunity, anti-microbial, helps to alleviate stress, anxiety and tension, improves digestion, and contains D-limonene is a super-nutrient that has been studied for its ability to prevent cellular mutations and combat cancer tumor growth.

David Cooley