



Homemade Salad Dressings: 50 Simple, Delicious and Healthy DIY Salad Dressing Recipes (Paperback)

By Linda Stevens

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.ENJOY HEALTHY HOMEMADE SALAD DRESSING RECIPES STARTING TODAY! Start making your own easy, delicious homemade classic dressing recipes, refreshing vinaigrettes, rich and creamy dressings, fruit-based dressings and specialty blender dressings for Nutribullet and Magic Bullet all the while saving money and looking after your health! Salads are the quintessential healthy food, at least they should be. However, how many times has the wholesome nutrition of a beautiful salad been demolished by the addition of an unhealthy salad dressing? The typical dressing that you get off of your grocers shelves is disaster to every dieters goals. Unfortunately, it is more than just added empty calories. Today, we each have our own health goals and means of attaining them. Some of us aim to be heart healthy, while others choose low sodium, low carb or gluten free. The standard processed dressing is a detriment to all of these dietary lifestyles as they are more often than not laden with unhealthy saturated fats, too much sodium, hidden sugar and secret gluten that negatively affects the unsuspecting consumer. These dietary enemies...



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