



SUMMERTIME CONDIMENTS



Prep Time: 10 Min

Cook Time: None

Serves: 2

Directions:

Vegan Mayo

1. Combine tofu, lemon juice, and mustard in a blender or with a wand blender for about 30 seconds or until the tofu is smooth.
While blending, slowly add in the oil until emulsified and the mixture thickens. Add the salt and blend. Taste and adjust seasoning as needed.



Garden Herb Salad Dressing

1. Mix all ingredients in a food processor or blender. Enjoy!

Cooling Cucumber + Yogurt Raita Dipping Sauce

1. Stir everything together.
2. Season to taste.
Chill 1 hour before serving.
3. Garnish with fresh garden flowers.

Ingredients:

Vegan Mayo

Great to add to any summertime meal; veggie burgers, grilled veggies, salads, and more!

4 oz. soft silken tofu
2 tsp. fresh lemon juice
2 tsp. Dijon mustard
1 cup vegetable oil
1/2 tsp. salt

Garden Herb Salad Dressing

a handful of your favorite herbs: basil, thyme, oregano, lavender, dill, cilantro, sage, parsley, chives, peppermint
sunflower oil
salt and pepper to taste
lemon juice

Cooling Cucumber + Yogurt Raita Dipping Sauce

Raita is an Indian condiment made with yogurt and can be used as a sauce, dip, or salad. Cucumbers are a good summer food and are thirst-relieving. Cucumber is sweet, astringent, and cool. It decreases Pitta but increases Vata and Kapha. It is a diuretic and good for urinary tract infections. They are good for anti-doting the heavy properties of yogurt, bread, and pasta.



1/2 cup yogurt

1/2 small cucumber (Persian are best), chopped small or pulsed in a food processor

1 bunch of chives, chopped

1 bunch dill, chopped

1 small bunch of cilantro or parsley, or a bit of both, chopped

Pink salt and fresh cracked pepper, to taste

If you don't have a garden, these recipes will inspire you to start one! Start with a basic, small porch garden. You don't need a big space to get the many benefits of your favorite herbs! Start with a large garden pot and add 3-4 of your favorite herbs!