

12 Healthy Salad Dressing Recipes You'll Actually Enjoy

Summary: Here are fifteen healthy salad dressing recipes you'll actually enjoy.

Most people think that when they get a salad to eat, they're making the best choice for their health. Unfortunately, many salads can be worse than just getting a cheeseburger. Why? It all comes down to the dressing.

Dressing can make or break a salad when it comes to nutrition. Many dressings are high in calories and full of unhealthy fats. Further, most people use far more dressing than the actual recommended serving size. Some people think they're beating this caveat by buying a low-fat dressing option, but these low-fat dressings are incredibly high in sugar to make up for the loss in taste.

While this may seem like a lose-lose situation, there are many dressings that you can make at home that are both healthy and will make your salad enjoyable. Here are fifteen healthy salad dressing recipes you'll actually enjoy.



Creamy Avocado Cilantro Lime Dressing from Gimme Delicious Food





Honey Mustard Vinaigrette from The Bewitchin Kitchen



Vegan Avocado Ranch Dressing from Eating Bird Food



Greek Yogurt Creamy Balsamic Salad Dressing from Cupcakes and Kale Chips



Healthy Greek Salad Dressing from Running In A Skirt



Soy Ginger Dressing from Family Food On The Table



Honey Sriracha Lime Dressing from Peas and Crayons



Roasted Garlic Dressing from Happy Kitchen Rocks



Miso Turmeric Dressing from Simply Fresh Dinners



Raspberry Vinaigrette from Gather For Bread



Clean Lemon Vinaigrette Dressing from The Organic Dietitian

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