

Dress Your Meals

by DAREBEE @ darebee.com **PART 1**

Use a fork, a whisk or a frother to blend the ingredients together until well combined. Drizzle the dressings over your dishes to boost the nutritional value of your meals.



tahini dressing

1 tbsp tahini
2 tbsps water
lemon juice for taste*

+ 3g protein
+ 10% Calcium
+ 25% Copper
+ 30% Omega-6



peanut dressing

1 tbsp peanut butter
2 tbsps water

+ 4g protein
+ 15% Vitamin B3
+ 10% Vitamin E
+ 15% Manganese



cashew dressing

1 tbsp cashew butter
2 tbsps water

+ 3g protein
+ 10% Calcium
+ 12% Magnesium
+ 10% Omega-6



pistachio dressing

1 tbsp pistachio butter
2 tbsps water

+ 3g protein
+ 20% Vitamin B6
+ 10% Vitamin K
+ 20% Omega-6



balsamic olive dressing

1 tbsp balsamic vinegar
½ tbsp olive oil

+ 5% Vitamin E
+ 5% Vitamin K
+ 5% Omega-3
+ 5% Omega-6



balsamic dressing

1 tbsp balsamic vinegar
1 tsp molasses

+ 10% Calcium
+ 15% Copper
+ 10% Magnesium
+ 10% Manganese



soy dressing

1 tbsp soy sauce
1 tbsp water
1 tsp garlic*

+ 2g protein
+ 5% Vitamin B6
+ 2% Iron
+ 10% Manganese



miso dressing

1 tbsp miso paste
2 tbsps water

+ 5% Omega-3
+ 5% Vitamin K
+ 10% Copper
+ 10% Manganese

* Optional

The quantities are given for individual portions.

% of the Recommended Daily Intake (RDI)

Dress Your Meals

by DAREBEE @ darebee.com **PART 2**

Use a spoon and mix the ingredients together until well combined. Pour the sauce over your dishes to boost the nutritional value of your meals.



tomato sauce

1 tbsp tomato paste
1 tbsp water
1 tsp molasses
1 tsp dried basil*

+ 10% Vitamin A
+ 10% Vitamin B6
+ 10% Calcium
+ 20% Copper



BBQ sauce

1 tbsp tomato paste
1 tbsp water
½ tbsp molasses
½ tbsp smoked paprika
½ tsp liquid smoke*

+ 80% Vitamin A
+ 10% Vitamin B6
+ 10% Vitamin E
+ 10% Calcium



tomato yogurt sauce

2 tbsps yogurt
1 tbsp tomato paste
1 tsp molasses

+ 5g Protein
+ 10% Vitamin A
+ 10% Calcium
+ 20% Copper



sweet & sour

1 tbsp vinegar
1 tbsp maple syrup
1 tbsp water
1 tsp tomato paste

+ 25% Vitamin B2
+ 5% Vitamin A
+ 30% Manganese
+ 5% Potassium



cucumber yogurt sauce

2 tbsps plain yogurt
1 diced cucumber
1 tsp garlic*
1 tsp dill*

+ 3g Protein
+ 10% Vitamin B5
+ 30% Vitamin K
+ 10% Potassium



dill yogurt sauce

2 tbsps plain yogurt
1 tsp dill
1 tsp garlic powder*

+ 3g Protein
+ 5% Vitamin B6
+ 20% Vitamin K
+ 5% Manganese



avocado sauce

½ avocado
½ cup water
lemon juice for taste*

+ 20% Vitamin B5
+ 15% Vitamin B6
+ 15% Folate
+ 15% Vitamin K



mustard sauce

1 tbsp mustard
1 tbsp water
½ tbsp maple syrup

+ 15% Vitamin B2
+ 20% Manganese
+ 10% Selenium
+ 5% Omega-3

* Optional

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Dress Your Meals

PART 3 by DAREBEE @ darebee.com

Use a blender to blend the ingredients together until well combined.

Add the sauces to your dishes to boost the nutritional value of your meals.



'cheesy' sauce

½ cup cashews
½ cup nutritional yeast
½ cup water

+ 18g Protein
+ 20% Iron
+ 80% Copper
+ 100% B-Vitamins



spinach sauce

½ oz (15g) spinach
½ cup cream

+ 3g protein
+ 60% Vitamin A
+ 80% Vitamin K
+ 10% Manganese



parsley sauce

½ oz (15g) parsley
1 tbsp vinegar
1 tbsp oil
1 tsp cayenne pepper*

+ 50% Vitamin A
+ 25% Vitamin C
+ 100% Vitamin K
+ 10% Omega 3 & 6



pea pesto sauce

½ cup peas
½ cup water
¼ cup walnuts or pine nuts
1 tsp dried parsley*

+ 12g Protein
+ 100% Omega 3 & 6
+ 70% Vitamin A
+ 100% Manganese



carrot ginger sauce

1 carrot
½ tbsp ginger
½ tbsp maple syrup
½ cup water

+ 15% Vitamin B2
+ 100% Vitamin A
+ 20% Manganese
+ 10% Potassium



cranberry sauce

½ cup frozen cranberries
1 tbsp maple syrup
½ cup water

+ 25% Vitamin B2
+ 10% Vitamin C
+ 5% Vitamin E
+ 40% Manganese



apple sauce

1 apple, cored & peeled
½ cup water
1 tsp cinnamon*

+ 5% Vitamin B6
+ 5% Vitamin K
+ 5% Copper
+ 5% Potassium



date 'caramel' sauce

2 dates
½ cup milk

+ 5% Vitamin B6
+ 5% Copper
+ 5% Manganese
+ 10% Potassium

* Optional

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