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drtessthomas Transform your salads with these 5 delicious, diabetes-friendly dressings! 🥗

Trust me you're going to want to save this 📌

**1** Apple Cider Vinaigrette: Whisk together 1/4 cup apple cider vinegar, 1 tbsp Dijon mustard, and 1 tsp honey. Gradually whisk in 1/2 cup olive oil until emulsified. Stir in 1 minced garlic clove, salt, and pepper to taste. Calories: 80/tbsp - Carbs: 1g

**2** Creamy Avocado Lime Dressing: Blend 1 ripe avocado, 2 tbsp lime juice, 1/4 cup Greek yogurt, 2 tbsp olive oil, and 1 tbsp chopped cilantro until smooth. Season with salt and pepper to taste. Calories: 90/tbsp - Carbs: 2g

**3** Spicy Chipotle Dressing: Mix 1/4 cup Greek yogurt, 1 minced chipotle pepper, 1 tbsp lime juice, 1 tbsp olive oil, and 1 tsp honey until smooth. Add salt and pepper to taste. Calories: 35/tbsp - Carbs: 1g

**4** Ginger Sesame Dressing: Whisk together 2 tbsp rice vinegar, 2 tbsp soy sauce, 1 tbsp sesame oil, 1 tbsp olive oil, 1 tsp grated ginger, and 1 tsp honey until smooth. Stir in 1 tsp sesame seeds. Calories: 60/tbsp - Carbs: 1g