

## No Added or Very Low Sugar Salad Dressings

Note: You can swap out Stevia for Maple Syrup if glucose control and Calories are not an issue

### #1 BRENNA'S SWEET AND TANGY LEMON VINAIGRETTE (SUGAR FREE)

#### Ingredients

- 2 large organic lemons
- 6 Tablespoons Extra Virgin Olive Oil
- 1 teaspoon Dijon Mustard
- 2 large garlic cloves minced  
- \*Avoid if you are a low FODMAP meal plan and swap out Garlic infused oil instead (you would use 6 Tbsp of garlic infused olive oil as noted above)
- 1/2 teaspoon Himalayan Pink Sea Salt
- 1/2 teaspoon Black pepper
- 1/4 teaspoon (or less) Stevia



#### Directions

1. Squeeze your two fresh lemons into a small bowl. I squeeze the juice through a small strainer to catch the seeds.
2. Add the rest of the above ingredients into the lemon juice. Whisk together until well blended.
3. Drizzle over your favorite garden salad!
4. Note: It keeps in the fridge for about 1 week.

Recipe courtesy of Brenna and [Vital Gut Health](https://vitalguthealth.com)

<https://vitalguthealth.com/recipe/sweet-and-tangy-lemon-vinaigrette-sugar-free/>

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### #2 Sweet Leaf's Dijon Salad Dressing

#### Ingredients

3 drops [SweetLeaf® Liquid Stevia SteviaClear® Sweet Drops®](#)

5 drops [SweetLeaf® Liquid Stevia Lemon Drop Sweet Drops®](#)

1 Tbsp. balsamic vinegar

1/2 cup olive oil

2 Tbsp. Dijon mustard

Salt and pepper to taste

#### Directions

Whisk all ingredients together in a bowl until well combined.  
Keep in the fridge for up to a week. Makes about 3/4 cup.

#### Nutrition Facts

- Per serving: 1 Tbsp.
- Calories: 40

Recipe Courtesy of [Sweet Leaf.com](#)

<https://www.sweetleaf.com/stevia-recipes/dijon-dressing/>



### #3 SweetLeaf's Ginger Vinaigrette Dressing

(Note this is a low Sugar but high Calorie Dressing 150 kcal/ 1Tablespoon)

#### Ingredients

- 1 packet [SweetLeaf® Organic Stevia Sweetener](#)
- 3 Tbsp. rice wine vinegar
- 3 Tbsp gluten free soy sauce or Tamari
- 1 Tbsp. ginger
- 1/2 tsp. Garlic (avoid if FODMAP sensitive - use garlic infused oil 1/4 cup)
- 2 Tbsp. sesame oil
- 1/2 cup peanut oil (if FODMAP sensitive, decrease to 1/4 cup since you will use 1/4 cup of garlic infused oil - see above)
- 1 Tbsp. sesame seeds, toasted
- 1 Tbsp. scallion, chopped



#### Directions

Mix rice wine vinegar, [SweetLeaf® Organic Stevia Sweetener](#), soy sauce, ginger, and garlic with a whisk or food processor. Continue whisking and slowly drizzle in the oils to emulsify. When dressing is well combined, add sesame seeds and scallions. Refrigerate and use within seven days.



#### Nutrition Facts

- Per serving: 1    **Calories: 150**    Carbs: 6g
- Fats: 14g    Protein: 2g    Sodium: 279mg    Sugars: 0g

Recipe Courtesy of [Sweet Leaf.com](#) and adapted by Njeri Jarvis  
<https://www.sweetleaf.com/stevia-recipes/ginger-vinaigrette-dressing/>

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### #4 Simple Red Wine Vinaigrette Dressing

#### Ingredients:

- 1 tablespoon Dijon mustard
- 1 tablespoon red wine vinegar
- 1/2 tablespoon olive oil
- 1 1/2 teaspoon Truvia® Baking Blend or Stevia in the Raw

#### Directions:

For dressing, whisk the mustard, vinegar, oil and Truvia® Baking Blend together until dissolved.



Recipe adapted from and courtesy of [SteviaBenefits.org](https://steviabenefits.org)  
<https://steviabenefits.org/category/recipes/salad/>

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### #5 CREAMY POPPY SEED DRESSING

#### Ingredients

- 1/2 cup apple cider vinegar
- 1 cup extra light olive oil
- 2 tbsp Mayonnaise or your favorite mayo
- 2 tsp dry mustard powder 1/2 tsp Onion Powder
- 1 tbsp poppy seeds
- 1/8 – 1/4 tsp liquid stevia or to taste



#### Instructions

1. Combine all ingredients in a container with a tight fitting lid Add stevia last, starting with 1/8 of a tsp
2. Shake the container vigorously until all ingredients are well combined. Taste and add more stevia if desired.
3. Store, tightly sealed in the refrigerator for up to 4 weeks.

#### Notes

\*Nutrition info for 1 serving (approximately 2 tbsp) – 155 calories, 18g fat, 0g carbs, 0g protein.

Recipe Courtesy of Sabra and [This Mom's Menu.com](https://www.thismomsmenu.com)

<https://www.thismomsmenu.com/creamy-poppy-seed-dressing-sugar-free-keto/>

### #6

## Recipe for Balsamic Vinaigrette

### Ingredients

- 2 tablespoons balsamic vinegar
- 1 teaspoon honey (Swap this with Maple Syrup if you are FODMAP sensitive)
- 1 sachet of stevia (or 2 tsp Maple Syrup)
- 1 teaspoon Dijon mustard
- 1/4 cup extra-virgin olive oil
- Coarse salt and ground pepper



### Instructions

In a small bowl, whisk together vinegar, honey, stevia, mustard, and olive oil. Season with salt and pepper.

Nutritional Information: 1 cup serving of salad dressing

Calories 120, Total Fat 13 g, Total Carbohydrate 3 g which includes Sugars 3 g, Protein 0 g

Recipe courtesy of [Pure Circle Stevia Institute](https://www.purecirclestevia.com/)

<https://www.purecirclestevia.com/recipes/recipe-for-balsamic-vinaigrette/>

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## UNITED STATES CONVERSION CHART



	Sugar	SweetLeaf® Packets	SweetLeaf® Shaker	Sweet Drops® Liquid Stevia (2 and 4 oz.)	Sweet Drops® Liquid Stevia (50 ml)	SweetLeaf® Water Drops	Stevia Extract
	1 tsp	1/2 packet	1/8 tsp	5 drops	1 ml	1ml	20 mg
	2 tsp	1 packet	1/4 tsp	10 drops	2 ml	2 ml	40 mg
	1 Tbsp	1-1/2 packets	1/3 tsp	15 drops	3 ml	3 ml	60 mg
	1/2 cup	12 packets	1 Tbsp	1 tsp	24 ml	24 ml	1/8 tsp
	1 cup	24 packets	2 Tbsp	2 tsp	48 ml	48 ml	1/4 tsp
	2 cups	48 packets	4 Tbsp	4 tsp	96 ml	96 ml	1/2 tsp

Reference: <https://www.sweetleaf.com/stevia-conversion-chart/us/>

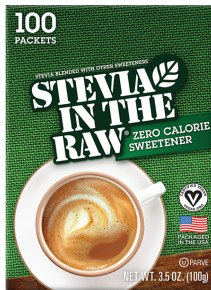
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### Stevia's Different Forms:

- There are several Different types of Stevia and they all taste different.
- Some have more bitter finishes than others and some have added flavors such as vanilla, cinnamon and chocolate
- Consider trying different brands to determine the one that suits you best.

Here are some that [BNH](#) likes for you to consider:



[Stevia in the Raw](#)



[Stevita Naturals](#)



[Body Ecology Stevia -](#)  
[learn more](#) and [Direct link](#)  
[to purchase](#)