



Real Food Dressing
Inspiration

BRIGHTENS EVERYTHING IT TOUCHES

Purple Power Salad

FHL REAL FOOD DRESSING

Berry Olive

INGREDIENTS

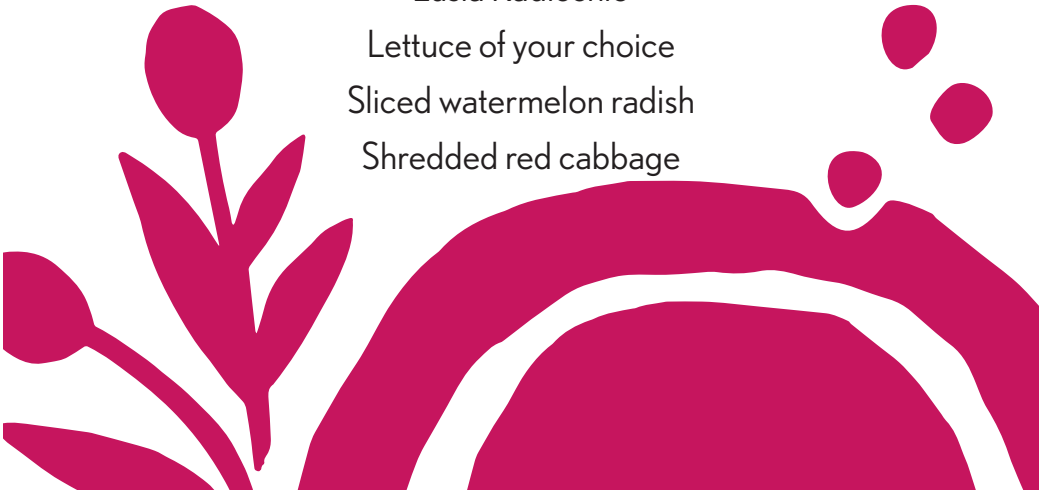
Cooked purple cauliflower

Lusia Radicchio

Lettuce of your choice

Sliced watermelon radish

Shredded red cabbage





Melon Flower Salad

FHL REAL FOOD DRESSING

Sunny Avocado

INGREDIENTS

Cantaloupe melon wedges

Mix of baby kale and arugula

Nasturtiums

FHL edible flower mix





Greet the day Grain Bowl

FHL REAL FOOD DRESSING

Red Sunflower

INGREDIENTS

Millet

Cook millet in half coconut milk and half water, stir in grated carrot, hemp seeds, pumpkin seeds and 2 tbsp of our Red Sunflower dressing – top with fresh berries of choice

Grated Carrot

Hemp Seeds

Pumpkin Seeds

2 tbsp of Red Sunflower

Real Food Dressing

Raspberries

Blueberries

Dried edible flower petals

Shredded red cabbage





Rustic Guacamole

FHL REAL FOOD DRESSING

Red Sunflower

INGREDIENTS

Mashed ripe avocados

A handful of halved cherry tomatoes

Chopped cilantro

Chopped red onions

Juice of one large lime

3 tbsp of our Red Sunflower Real Food Dressing

Add salt to your liking





Burrata Bliss Salad

FHL REAL FOOD DRESSING

Berry Olive

INGREDIENTS

Burrata

treat yourself to a nice one

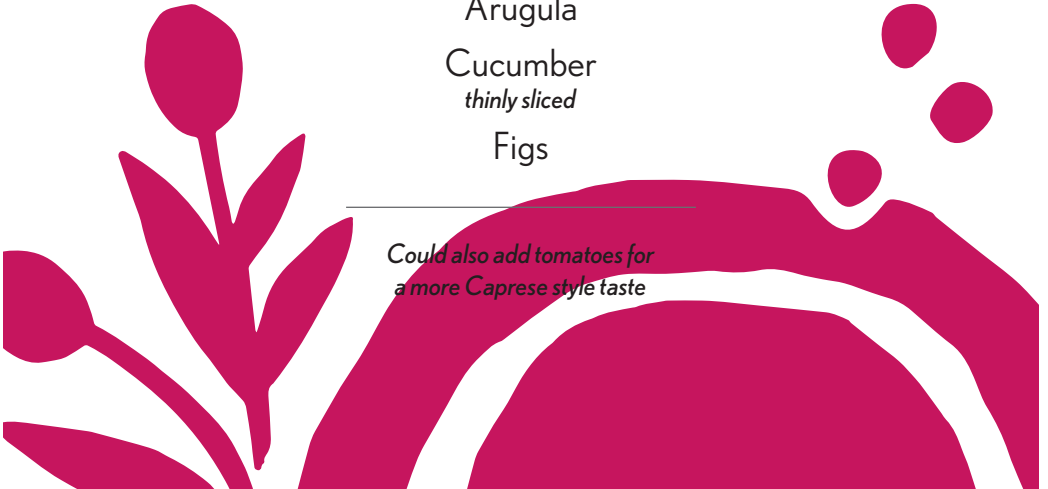
Arugula

Cucumber

thinly sliced

Figs

*Could also add tomatoes for
a more Caprese style taste*





Cheesy Crowd Pleaser

FHL REAL FOOD DRESSING

Sunny Avocado

INGREDIENTS

Good quality Brie

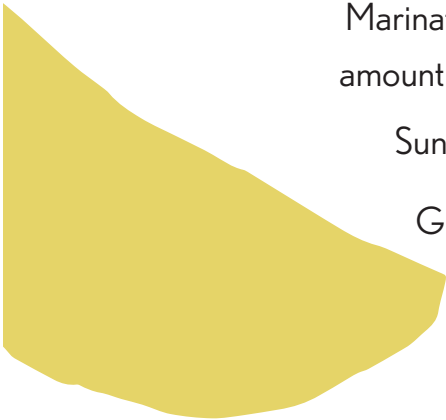
We like Marin French Cheese, Cowgirl Creamery, & Nicasio Valley Cheese Co.

Marinate with a generous
amount of Sunny Avocado

Sunflower Sprouts

Golden Raisins

Walnuts





Sunflower Pasta

FHL REAL FOOD DRESSING
Red Sunflower

INGREDIENTS

Pasta

Arugula

Chickpeas

Tomato sauce

*mixed with 2 tbsp of our Red Sunflower
Real Food Dressing*





Sunny Quinoa Salad/Grain Bowl

FHL REAL FOOD DRESSING

Sunny Avocado

INGREDIENTS

Quinoa

Butter lettuce

Radicchio

Mango cubes

Jicama cubes

Edamame

Tomatoes

Microgreens

Chia seeds

Raspberries





Bagel Brunch

FHL REAL FOOD DRESSING **Red Sunflower**

INGREDIENTS

Open face Everything Bagel

Greens

Avocado

Yellow Heirloom Tomatoes

Figs

*Drizzle with 1tbsp of our
Red Sunflower Real Food Dressing*





Green Goddess Salad

FHL REAL FOOD DRESSING

Green Pumpkin

INGREDIENTS

Kale

Honeydew melon

Avocado

Cucumber

Arugula





Cozy Roasted Veggie Salad

FHL REAL FOOD DRESSING

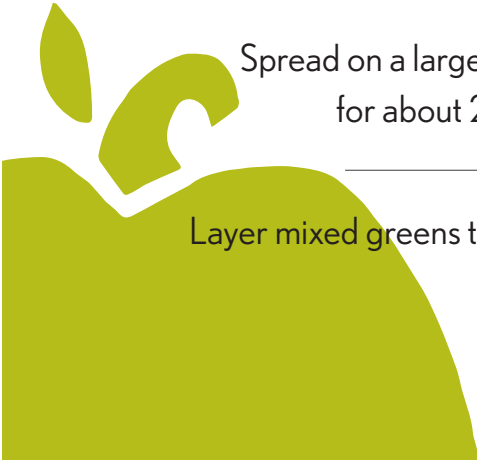
Green Pumpkin

INGREDIENTS


Toss veggies of your choice
(like delicata squash & zucchini) in some olive oil

Spread on a large baking sheet and roast
for about 20 mins at 450F

Layer mixed greens tossed with Green Pumpkin







“I crafted our Real Food Dressings to make healthy eating tasteful, playful, and beautiful. I believe that with all our senses awakened, our food truly becomes nourishing. Pour on a burst of brightness and make unforgettable meals feel effortless.”

DANIELA KRATZ

Founder & Creator of Farmhouse Lab



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