

# Sense Salad Examples



Below are some example ingredients that you can try adding to your sense salad.

INGREDIENTS	RECIPE TIPS
<b>Sweet</b> Strawberries, Apples, Pears, Mandarin Oranges, Raisins, Sugar, Honey	<ul style="list-style-type: none"><li>● For dressings: use 3 parts Fat to 1 part Sour (example: ¼ cup fat, 1-2 Tbsp sour)<ul style="list-style-type: none"><li>○ Fats: Olive Oil, Mayonnaise, Yogurt, Avocado</li></ul></li><li>● Start small: if you find a recipe online, try starting with small portions to make sure you like the dressing (and you don't waste ingredients).</li><li>● Taste your ingredients! Take a tiny taste to see if you might like the ingredient. Even if you don't like it alone (like a lemon) you might like it when it is combined with another taste (like when you add sugar or honey).</li></ul>
<b>Salty</b> Table Salt, Sea Salt, Soy Sauce, Celery, Egg Yolks	
<b>Sour</b> Lemon Juice, Rice Vinegar, Balsamic Vinegar, Mustard	
<b>Bitter</b> Kale, Butter Lettuce, Sesame Seeds, Olive Oil, Almonds, Walnuts	
<b>Umami</b> Goat Cheese, Mozzarella Cheese, Bacon, Mayonnaise, Yogurt, Avocado	