

The ANY Sauce Formula

Create creamy, flavorful sauces for anything.

START WITH CREAMY BASE

Gives richness • ¼–1 cup • Choose 1



ADD ACID



Brightens and balances • 1-3 Tbsp • Choose 1-2

ADD FLAVOR DEPTH

Your personality • 1-3 Tbsp • Choose 1-3



ADD BODY



Additional structure • 1-2 Tbsp • Choose 1



ADJUST TEXTURE



Water (1 Tbsp at a time) | Unsweetened Plant Milk | Plant Milk (for lightness) | Vegetable Broth



Taste. Adjust. Repeat.

The 5-Question Sauce Check

- ✓ A creamy base
- ✓ Acid
- ✓ Salt
- ✓ Umami
- ✓ Fresh element (herbs or zest)
- ✓ Fesh element (herbs, zest, or brightnes)

Taste. Adjust. Repeat.

If you answer all five correctly, you've nailed it.

The ANY Dressing Formula

Quick, zesty, oil-free dressings in minutes:

START WITH A BASE

Gives body and helps emulsily • ¼–½ cup • Choose 1



ADD ACID



The backbone of a great dressing – bright and essentad -



BUJLD FLAVOR

Where your dressing comes to life • 1-3 Tbsp total



BALANCE



Rounds everything out • 1-2 tsp ...

THIN TO POUR



Water • Unsweetened Plant Milk • Vegetable Broth (moretable attr brightnes)

FINISH WITH FRESHNESS

This is what makes it pop • 1-2 Tbsp or to taste

BLEND & TASTE until smooth and creamy.

- ✓ Does it taste bright?
- ✓ Does it fesh balanced?
- ✓ Is it pourable?
- ✓ Does it need a pinch of salt?
- ✓ Does it need a touch of sweetness?

BLEND & TASTE

That's where the megie happers...

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