

Fresh Peach Salad Dressing - Sweet, Tangy, and Perfect for Summer

Fresh Peach Salad Dressing - Sweet, Juicy, and Full of Summer Flavor



TIME
10 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

1/2 large ripe peach, peeled and pitted if needed
1/4 cup extra virgin olive oil
1 tablespoon lemon juice (or white wine vinegar for more acidity)
2 teaspoons honey
1/8 teaspoon sea salt

Ingredient Tips & Variations:

Peach: A very ripe, juicy peach is key. You can also use frozen (thawed) peach slices or canned (drained) peaches in a pinch.

Honey: Maple syrup or agave nectar works as a vegan alternative.

Acid: Lemon juice keeps it bright, but white wine vinegar or apple cider vinegar adds a tangier kick.

Add-ons: For more depth, try a pinch of black pepper, 1 tsp Dijon mustard, or fresh herbs like basil or thyme.

Instructions:

- 1 Blend It All Together:
- 2 PurØe Until Smooth:
- 3 Adjust to Taste:
- 4 Rest and Serve:

Serving Suggestions:

Arugula or baby spinach, topped with goat cheese and pecans

Grilled chicken or shrimp, with fresh herbs and grains

A Light Tangy Chicken Salad for a no-mayo twist
Blueberry Lemonade for a refreshing summer duo
A side of Monster Cookie Energy Balls to balance
sweet and savory

Storage Tips:

Refrigerate: Store in a glass jar or airtight
container for up to 3 days.

Shake before serving: Natural separation may occur;
just give it a good shake or stir before using.

More Recipes You'll Love:

A Light Tangy Chicken Salad

This Blueberry Lemonade

Pumpkin Delight Dessert

No-Bake Monster Cookie Energy Balls

3-Ingredient Chocolate Chip Oatmeal Cookies

Final Thoughts:

DIRECTIONS

1. **Blend It All Together:** Add the peach, olive oil, lemon juice, honey, and sea salt to a blender or food processor.
2. **PurØe Until Smooth:** Blend until the mixture is creamy and fully emulsified. Scrape down the sides if needed.
3. **Adjust to Taste:** Taste and tweak: add more honey if it's too tangy or a bit more lemon juice if it's too sweet. Blend again briefly.
4. **Rest and Serve:** Let the dressing rest for 10 minutes (optional but recommended) to allow the flavors to meld.
5. **Drizzle generously** over fresh greens, roasted veggies, or even grilled meats!
6. **Serving Suggestions:** This peach dressing shines when paired with:
7. Arugula or baby spinach, topped with goat cheese and pecans
8. Grilled chicken or shrimp, with fresh herbs and grains
9. A Light : Tangy Chicken Salad for a no-mayo twist
10. Blueberry : Lemonade for a refreshing summer duo
11. A side of : Monster Cookie Energy Balls to balance sweet and savory
12. **Storage Tips:** Refrigerate: Store in a glass jar or airtight container for up to 3 days.
13. **Shake before serving:** Natural separation may occur; just give it a good shake or stir before using.
14. **More Recipes You'll Love:** A Light Tangy Chicken Salad
15. This : Blueberry Lemonade

16. Pumpkin : Delight Dessert
17. No-Bake : Monster Cookie Energy Balls
18. 3-Ingredient Chocolate Chip Oatmeal Cookies
19. Final Thoughts: This Fresh Peach Salad Dressing is the definition of seasonal simplicity-just a handful of ingredients and five minutes for a flavorful, fruity dressing you'll want to put on everything.
20. Have you tried it with grilled salmon or tossed into a quinoa bowl? Let us know in the comments or tag @ChefManiac to share your favorite combos!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/fresh-peach-salad-dressing-sweet-tangy-and-perfect-for-summer/>