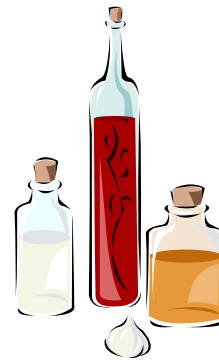




Healthy Salad Dressing

Simply shake and serve!



Serving size = 1 tbsp

1 cup	oil	250 mL
1/3 cup	lemon juice or try using your favorite vinegar instead for example balsamic, rice, apple cider or raspberry vinegar	75 mL
1 tsp	mustard (regular prepared, Dijon, grainy or dry). Adjust amount to taste.	5 mL
dash	herb and spice mix - for example add a dash of any of the following: garlic or onion powder, parsley, basil, rosemary, salt, pepper, oregano, tarragon. Try different spice mixes, you'll soon find your favourites!	dash
1 tsp	maple syrup, honey or sugar (optional)	5 mL

Directions:

- ▶ Combine all the ingredients into a clean, lidded jar.
- ▶ Put the top on and shake it well until all the ingredients are well blended.
- ▶ Drizzle on your favourite salad or store in the refrigerator for later use.
- ▶ Keep refrigerated for up to a week.