



RECIPES

French Fat Burner Dressing

4 tablespoons Extra Virgin Olive Oil
1 tablespoons red wine vinegar
1 teaspoon lemon juice
½ teaspoon prepared mustard
½ teaspoon raw honey
¼ teaspoon Real Salt,
½ teaspoon sweet basil
¼ teaspoon thyme
Dash cayenne

For each dressing recipe - Place all ingredients into a shaker bottle, shake well to blend, and refrigerate or serve immediately. These dressings can be made fresh for a salad to serve 4 people or for a single serving salad, refrigerating the rest. These recipes can also be made in 4-10 times the quantity and kept in the refrigerator, if so, add ½ teaspoon liquid lecithin to emulsify the ingredients and keep oil from separating and getting solid.