



RECIPES

Honey Mustard Dressing

4 tablespoons Extra Virgin Olive oil
1½ Tablespoon prepared mustard
1 ½ Tablespoons raw honey
1 Tablespoon fresh lemon juice
¼ teaspoon Real Salt
Option; ½ teaspoon dried dill

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.