



## RECIPES

### Italian Anti-Acid Dressing

- 4 Tablespoons Extra virgin Olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon red wine vinegar
- 1 teaspoon raw honey
- ¼ teaspoon oregano
- ½ teaspoon marjoram
- ¼ teaspoon sweet basil
- ¼ teaspoon Real Salt
- ¼ teaspoon garlic powder

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.