



Ah, THE SALAD DRESSING RECIPE

Ok, here you go.... adjust to your own taste, and always remember, two parts oil to one part vinegar, lemon, soy or braggs mixture.

This is like a teriyaki version.... you can make it any number of ways depending on spices etc. I have also added hulled sesame seeds to the salad (excellent source of calcium, or add raw pumpkin and sunflower seeds for added nutrients, protein and essential fatty acids... hemp seed is a big favourite of mine too.

2.5 oz Rice or apple cider vinegar
1 oz soy sauce, braggs liquid aminos or tamari
1 tsp fresh grated ginger
1 tsp of fresh pressed garlic
2 tsp honey or maple syrup or raw can sugar
6.5 oz oil I prefer grapeseed oil and flax or hemp ½ and ½ olive oil will solidify in the fridge

Sometimes I shake a little curry powder in there too. The possibilities are endless.
Enjoy your house full of people!!!
Love Dee