

HERB SALAD DRESSING



Eat in Peace Wellness Consulting

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Hand full of fresh herbs:

basil, sage, tarragon, rosemary, marjoram, thyme, etc.

¼ cup organic, balsamic vinegar

¼ cup raw apple cider vinegar

1 lemon, juiced

2 cloves garlic

1 teaspoon dried mustard

½-1 teaspoon raw honey

Dash of sea salt and pepper

1 cup organic, extra-virgin, unrefined olive oil

OR

¾ cup olive oil

¼ cup high-lignan flaxseed oil

Place herbs, vinegars, lemon juice, garlic, mustard, honey, and seasonings in blender; mix until combined. With blender running on medium speed, slowly pour oil in a steady stream until emulsified. Store in a glass jar in refrigerator. It will harden, so set out for 10-15 minutes before serving and shake well. Serve lightly drizzled over salad greens.