## **BALSAMIC-MUSTARD DRESSING**

3 tbsp balsamic vinegar

3 tbsp water

2 tbsp honey mustard

1 clove garlic, minced

1⁄4 tsp sea salt

1/4 tsp freshly ground black pepper

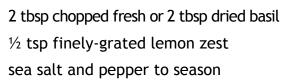
In a small bowl whisk together vinegar, water, mustard and garlic; season with salt and pepper, if desired.

## LEMON VINAIGRETTE

1/4 cup fresh lemon juice

5 tsp olive or other oil, e.g. flax

1 tbsp honey



In a jar with a tight-fitting lid, combine the vinaigrette ingredients and shake well untill well-blended.

## **ITALIAN DRESSING**

1/4 cup fresh lemon juice

- 2 tbsp white wine vinegar
- 1 tsp sucanat or other sweetener
- 1 clove garlic, crushed

- 1 tsp chopped fresh oregano
- 1 tsp chopped fresh thyme
- 1 tsp chopped fresh basil leaves
- 1 small fresh red chilli, coarsely chopped

In a small bowl, whisk together ingredients until smooth. Makes about 1¼ cups.

Add desired amount of dressing to mixed salad greens. For variety, add chopped vegetables or fruits or seeds and nuts to salads. Be creative!

