

BALSAMIC-MUSTARD DRESSING

3 tbsp balsamic vinegar

3 tbsp water

2 tbsp honey mustard

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

1 clove garlic, minced

¼ tsp sea salt

¼ tsp freshly ground black pepper

LEMON VINAIGRETTE

¼ 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 until well-blended.



2 tbsp chopped fresh or 2 tbsp dried basil

½ tsp finely-grated lemon zest

sea salt and pepper to season

ITALIAN DRESSING

¼ cup fresh lemon juice

2 tbsp white wine vinegar

1 tsp sucanat or other sweetener

1 clove garlic, crushed

¾ cup olive or other oil, e.g. flax

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!

1 tsp chopped fresh oregano

1 tsp chopped fresh thyme

1 tsp chopped fresh basil leaves

1 small fresh red chilli, coarsely chopped