

# Basic Vinaigrette

Quick & Easy.

## **Ingredients:**

*2 T RAW Apple Cider Vinegar*

*1 t organic mustard (Dijon or regular, yellow mustard)*

*½ c organic extra virgin olive oil*

*1 t organic expeller pressed flax oil (if you do not have flax oil, you can omit or substitute with avocado oil)*

*Sprigs of fresh herbs such as parsley, tarragon thyme, basil, or oregano (opt.)*

*1 clove garlic, crushed (opt.)*

## **Directions:**

*(1) Measure vinegar into a pint size jar or dressing bottle. Add mustard and swirl/agitate to combine.*

*(2) Slowly add olive oil in a steady stream, swirling to combine as you do so. Once you have added all the olive oil, screw the lid on and shake so that the oil is well mixed and emulsified. Note: It is not critical with this recipe (compared to something such as homemade mayonnaise) that you add the olive oil in a slow steady stream while simultaneously mixing constantly.*

*(3) Add flax oil and shake again. Then add desired herbs and garlic. Allow to sit a few minutes for the flavors of the herbs and garlic to infuse into the dressing.*

*(4) Refrigerate any leftover. This should keep in the refrigerator for several weeks. It will harden in the refrigerator (at least it should if you used a good quality olive oil). So, get it out 15-30 minutes before needing.*

***Note: You will want to grab your homemade dressing whenever you go out to eat. The dressings at most any restaurant you go to, will contain some form of sugar as well as the industrial seed oils. And if you forget to grab it, then simply request olive oil and lemon when asked what kind of dressing you would like.***

Adapted by Karen DeHaven from *Nourishing Traditions*, p. 129