



Marjie C. Andrejciw, MT (ASCP), MS, NC
Holistic Nutritional Counselor
www.circleoflifenutrition.net
(810) 869-8898

Basic Vinaigrette Dressing

Ingredients:

- 1 teas Dijon-type mustard, smooth or grainy
- 2 tbsp plus 1 teas of raw wine vinegar, balsamic vinegar, or raw apple cider vinegar
- ½ cup extra virgin olive oil, avocado oil, grapeseed oil, or hemp oil
- Sea salt to taste

Preparation:

1. Place mustard into a small jar.
2. Add vinegar, oil, and sea salt.
3. Place lid firmly on jar and shake until well blended.
4. Store in refrigerator (if using olive oil it will turn solid in frig, allow to come to room temp before using).
5. This basic recipe can be modified for a different flavor by adding other ingredients such as: 1 teas finely chopped fresh or dried herbs (parsley, dill, tarragon, thyme, basil, or oregano), 1 clove crushed garlic, chopped black or green olives, or 1 teas chopped sun dried tomatoes.

Enjoy!