



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

Lemon Juice Vinaigrette Dressing

Ingredients:

- 1 teas Dijon-type mustard, smooth or grainy
- Juice of one fresh lemon
- 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 lemon juice, olive oil, and sea salt.
3. Place lid on firmly and shake until 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 dried or fresh herbs (parsley, dill, tarragon, thyme, basil, or oregano), 1 clove crushed garlic, 1 teas chopped black or green olives, or 1 teas chopped sun dried tomatoes.

Enjoy!