



*Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit*

## **Herbed Salad Dressing**

**½ Cup Extra-Virgin Olive Oil**

**¼ Cup Lemon Juice**

**2 Tablespoons Herbs (like parsley, tarragon, chives, basil, cilantro, and oregano)**

**1 Teaspoon Dijon Mustard**

**Blend all ingredients in a small food processor or whisk together.**

**The herbs really make this salad dressing so get creative. And don't forget to write down what you used so you can repeat your favorite blends!**

Makes 6 servings, ~ 2 Tbsp. each.

Recipe credit to *Grow A New Body* by Alberto Villoldo

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