

# HOW TO MAKE THE PERFECT SALAD DRESSING



EXPERIMENT WITH THESE INGREDIENTS UNTIL YOU CREATE THE DRESSING YOU LOVE

*2 tbsp*

*Oil*

Olive  
Avocado  
Macadamia  
(Avoid vegetable and  
canola oil)

*1 tbsp*

*Vinegar*

Apple cider  
Balsamic  
Red wine  
Rice wine

*1 tsp*

*Sweet*

Maple syrup  
Rapadura sugar  
Rice malt syrup  
Lime/lemon

*1 tsp*

*Mustard*

Dijon  
Seeded  
Spicy

*1 tsp dried  
1 tbsp fresh*

*Herbs*

Parsley  
Dill  
Rosemary  
Thyme

*pinch*

*Seasoning*

Salt  
Pepper  
Cumin  
Garlic