

Basic Healthy dressing

½ c. extra virgin cold pressed olive oil (or ¼ c. olive oil + ¼ c. flax seed oil)

¼ c. balsamic vinegar

2 Tbsp. fresh lemon juice

1 clove crushed garlic

3 Tbsp. raw sesame seeds (or raw pumpkin seeds)

1 tsp. dried basil

1-2 tsp. mustard

1 tsp. maple syrup (optional)

Sea salt and pepper to taste

Add all ingredients to any jar with a good-sealing lid. Shake dressing vigourously to mix. Reshake before each use.

This dressing keeps for at least a week in the refrigerator and is a healthier, more economical alternative to most pre-prepared salad dressings. It's also a great way to get those healthy fats if flax oil is used002E