

# PERSONALIZED SALAD DRESSINGS

PREP TIME  
10 MINS

TOTAL TIME  
15 MINS

YIELD  
4 SERVINGS

## INGREDIENTS

- 1 cup extra virgin olive oil
- 1/2 cup any vinegar, lemon, or lime juice
- 1/2 cup honey, maple syrup, or jelly
- 1 heaping tbsp Dijon mustard
- 1 heaping tbsp any fresh herb (optional)
- A sprinkle of two sea salt and freshly ground pepper

Measure which ingredients you'd like to use and pour into a mason jar and shake vigorously until combined. Your personalized dressing will stay fresh in your refrigerator for several weeks.

### Variations:

- Sherry Maple: Sherry vinegar and maple syrup
- Fennel balsamic: balsamic vinegar, honey, and ground fennel seed
- Raspberry: red wine vinegar and raspberry jelly
- Italian: red wine vinegar, no sweetener, minced garlic, oregano, and thyme
- Caesar: lemon juice, no sweetener, 1/2 cup parmesan cheese, 1 tbsp minced garlic, 1 tbsp Worcestershire sauce
- Caribbean: lime zest and juice, honey, and shredded coconut
- Southwestern: lime zest and juice, honey, cilantro, and hot sauce
- Vanilla: white wine vinegar, honey, and pure vanilla extract

