

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Any Vegetable Marinade



1/2 cup olive oil

1/2 cup tamari

2 T sesame oil (not toasted, optional)

Juice of 1/2 an orange (4 T) or 3
drops orange essential oil (optional)

1/4 cup agave or honey

1 medium clove garlic, minced

1/2" piece ginger, minced

1 toothpick dip ginger essential oil

Combine everything (if you use the optional untoasted sesame oil, decrease the olive oil amount by 2 T). Pour over cut up veggies. Use any combination. Broccoli and tomatoes is one of my favorite combinations. This is also good over whole mushrooms and asparagus, together or alone. Makes about 1 1/2 cups.

Recipe from Faves! Fruits and Veggies, Energy's secret by Melissa Chappell.