

French Dressing

2 tsp lemon juice
1/2 tsp honey
4 TB olive oil
1/2 tsp salt
1/2 tsp paprika (smoked adds a fun flavor)
1-2 garlic clove pressed

Add ins (Optional)

1/2 tsp curry powder
1 TB fresh or 1 tsp dried basil leaf

Mix 2 TB of oil with the other ingredients (except lemon juice). Stir well and add lemon juice. Continue stirring until dressing thickens and add rest of oil slowly.



Recommendation: Double this recipe and blend everything up in a blender. This makes things easier and creates dressing for the week for all your salad and veggie seasoning needs.

Recipe from The School of Natural Healing book