



# Together We Get Better

## Lemon Herb Dressing Sugar-free

¼ cup freshly squeezed lemon juice  
1 Tablespoon fresh herbs (parsley, dill, mint, tarragon or oregano)  
½ teaspoon crushed garlic  
3/8 teaspoon sea salt  
¼ teaspoon Dijon mustard  
Dash of black pepper  
½ cup extra virgin olive oil  
Whisk all ingredients together. Will keep 5 days in refrigerator.



## Italian Dressing Sugar-free

1 cup extra virgin olive oil  
1 cup fresh basil  
1 cup fresh parsley  
½ cup dried Italian Seasoning  
2 scallions  
2 teaspoon onions  
1 lemon, freshly juiced  
2 cloves garlic  
½ teaspoon sea salt

Blend. Chill for at least one hour.

## Green Goddess Dressing Sugar-free

2 avocado – pitted and peeled  
1 cup purified water  
¼ cup lemon juice, freshly squeezed  
1 teaspoon celtic salt

Blend until smooth.