

EXTENDING HAND and HEART

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.



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.

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.