

**Two Yummy Salad Dressings**

Apple Cider Vinaigrette

1/3 c. extra virgin olive oil

¼ c. apple cider vinegar \*

1 tsp. Dijon mustard

salt and pepper

Whisk all ingredients together until well combined

\* can substitute balsamic vinegar or champagne vinegar

Asian Flair Vinaigrette – all amounts are approximate

1/3 cup grape seed oil (or avocado oil)

¼ cup apple cider vinegar

3 TBSP Bragg’s amino acids (or Tamari/Soy Sauce)

dash of toasted sesame oil

salt and pepper

Whisk ingredients together and adjust to taste preferences.

\*optional: add a squeeze of lime juice or chopped ginger.

Add toasted sesame seeds to salad after tossing with dressing.