

balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

Balsamic Splash Dressing

Serves: 12

Ingredients:

$\frac{3}{4}$ cup extra virgin olive oil

$\frac{1}{2}$ cup balsamic vinegar

1-2 cloves garlic, minced

$\frac{1}{4}$ teaspoon rosemary

$\frac{1}{4}$ teaspoon basil

$\frac{1}{4}$ teaspoon cayenne pepper

$\frac{1}{4}$ teaspoon salt

1 tablespoon honey

$\frac{1}{4}$ teaspoon dry mustard

Directions:

1. Blend all ingredients well in a blender or food processor. Stir well before using.