



TASTY SALAD DRESSING

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: Nil

Makes: 1 cup



INGREDIENTS

- 1 tbsp chopped basil, parsley or coriander
- 1 tsp dried oregano
- 1 clove garlic, crushed
- 1 tsp pink salt
- 1/2 tsp black pepper
- 1 cheek red capsicum
- 1/2 Lebanese cucumber
- 1 cup olive oil
- Juice of 1 lime (or lemon)
- 1 heaped tsp honey

METHOD

- Place all ingredients except oil into blender, and pulse to chop vegetables finely.
- Add oil and mix well.
- Pour into glass jar/bottle, and store in refrigerator.
- I have kept this for one month.
- Use on all tossed salads.