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## **BASIC DRESSING**

Makes 3/4 cup

1 tsp Dijon-type mustard

½ cup extra virgin olive oil

2 tbsp plus 1 tsp raw apple cider vinegar

1 tbsp expeller pressed flax oil

Optional flavoring: Garlic, herbs, blue cheese, raw  
ream, cilantro, lemon

Place a teaspoon to a small bowl .

Add vinegar and mix well.

Add olive oil in a thin stream, stirring continuously with  
the fork, until oil is well mixed in.

Add flax oil and optional flavoring.

Use immediately.