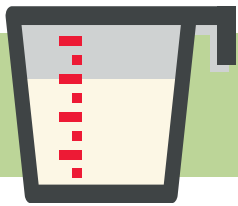


MAKE YOUR OWN SALAD DRESSING

INGREDIENT GUIDE

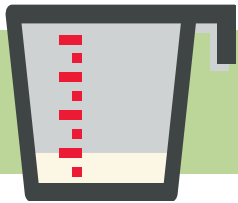


3 parts

OIL



Extra Virgin Olive Oil
Avocado Oil



1 part

ACID



Lemon Juice
Lime Juice
White Vinegar

Balsamic Vinegar
Apple Cider Vinegar
Grapefruit Juice



1 Tbsp

SWEET



Raw Honey
Birch Xylitol
100% Maple Syrup

Coconut Sugar
Pureed fruit



1 tsp

HERBS



Oregano
Basil
Cilantro

Parsley
Rosemary
Mint



1 tsp

SPICE



Ginger
Red Pepper Flakes
Garlic

Onion Powder
Cayenne Powder

ADDITIONAL FLAVOR ENHANCERS: Sesame Oil, Coconut Oil, Nut Butter, Tahini, Salt, and Grains of Paradise