

Flax Vinaigrette Dressing

Ingredients:

- * 1/2 cup flax oil
- * 2 tbsp Ume plum vinegar
- * 2 tbsp lemon juice
- * 1 glove garlic, minced



Directions:

Blend ingredients and serve. This dressing can be served over mixed greens cooked or raw.

This tasty recipe shows how even subtle changes to your eating habits can provide much healthier meals and snacks. So ditch commercial salad dressings that are loaded with fat and sugar and make your own vinaigrettes.