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Balsamic Vinaigrette

3 tbsp good quality Balsamic Vinegar
1/2 c. e.v. olive oil minus 2 tbsp.
1 tbsp flax oil
1 tbsp MCT oil
1 tsp dry mustard powder (put in Dijon if you prefer it)
1 tbsp raw liquid honey
1 chopped up garlic bud (you choose the size)
large pinch Himalayan salt
1 tbsp filtered water

Blend in high powered blender. Store in fridge, use quickly.

Try using hemp and pumpkin seed oils instead of flax on occasion.