



DR. G'S BASIC DRESSING

ingredients

Yields 400 ml

- 2/3 cup freshly squeezed orange juice (+/- 5 oranges)
- 1 tbsp orange zest (peel)
- 1/4 cup apple cider vinegar
- 1/2 cup flax oil
- 2 tbsp maple syrup
- 1/2 bunch parsley
- 1/4 M sized red onion



method

Zest the side of one orange.

Juice oranges.

Wash and chop a bunch of parsley.

Finely dice red onion.

Add apple cider vinegar and flax oil.

Add maple syrup.

Shake in a glass jar with a lid or blend. Store in fridge.