

Sesame Lime Salad Dressing

Great on Spinach!

1/3 c sunflower oil

3 T lime juice

2 T chopped onions

1 T honey

2 t sesame seeds

2 mint leaves

Place all ingredients in a blender.

Oriental Dressing

3 T vegetable oil

1 T lemon juice

1 T sesame seeds

1 clove garlic, pressed

½ t fresh ginger root, peeled and finely chopped.

Greek Salad Dressing

½ c olive oil

¼ c fresh lemon juice

1 clove pressed garlic

1 t dried oregano

¼ t pepper

½ t salt

Honey Mustard Dip

2 c mayonnaise

2 T flax seed oil

2/3 c honey

2 T Dijon mustard

1 t Braggs Liquid Amino Acids

1 t lemon juice

¼ t each onion and garlic powders

Combine and chill.