

A healthy, tasty and natural salad dressing!

I am sometimes asked what I use as a salad dressing. This is because if you are not careful a salad dressing because of the additives in it can negate the benefits of the salad itself. They can also contribute to weight gain. For this reason I don't use any commercially prepared ones and over the years our family have developed our own which we make up as needed.

I really like the taste of it, and I know that it is really good for me and I eat quite a lot of it.

I have to warn you though...some people do not like it as it has a bit of a 'kick' with it. But, you can play around with the quantities of each until you get it to your own taste.

It is best to only make up enough to last a week or so as you don't want to keep it in the fridge as it will go semi-solid. Make it up in a jar and tip it into one of the commercial salad dressing dispensing bottles. You have to shake it before use each time as the components separate.

Here it is. Hope you enjoy it.

1 tsp (teaspoon) Basil chopped (dried or fresh)
1 tsp Oregano chopped (dried or fresh)
100 mls Balsamic Vinegar
100 mls Tamari, Soy Sauce or Braggs Aminos
200 mls Olive Oil
6 Garlic Cloves (chopped small)
¼ tsp Cayenne Pepper
½ tsp Ground Black Pepper
A small amount of Mustard Powder to suit taste.

[Source](#)