

DELICIOUS ITALIAN DRESSING

2 TBS WATER

½ CUP OLIVE OIL OR FLAX SEEDS OIL

¼ CUP HONEY OR AGAVE NECTAR

1 TSP GARLIC GRANULES

2 TSP ONION GRANULES

1 TSP HERBAMARE (CAN BE BOUGHT AT MOMS)

½ TSP DRIED BASIL

1 TSP DRIED PARSLEY

½ TSP DILL

¼ CUP LEMON JUICE

FOR A CREAMY ITALIAN DRESSING, BLEND UNTIL SMOOTH OR COMBINE IN A JAR AND SHAKE WELL.