

DIJON VINEGARETTE

¼ cup olive oil
4 tps balsamic vinegar
1 1/2 tsp Dijon mustard
¼ tsp salt
¼ tsp cayenne pepper

Mix together in blender
Good compliment to a spinach salad

SESAME FRENCH DRESSING

½ cup oil
½ cup fresh lemon juice
2 tbsp sesame seeds
2-3 tbsp honey
1 tsp paprika
½ tsp salt
1-2 tsp onion powder

Whiz in blender until smooth