



Dr. Laleh's Lemon Ginger Dressing

Ingredients

Amount

Fresh lemons	2 large
Extra virgin olive oil	1 TBS
Fresh Ginger	1 TBS
Fresh Garlic	3 cloves
Braggs Raw apple cider vinegar	1 Cup
Balsamic Vinegar	2 TBS
Braggs Nutritional Yeast	2 TBS
Himalayan Pink Sea Salt	½ tsp
Spoonable stevia- If desired	½ tsp
French's Brown Spicy Mustard	2 TBS
Black Pepper	1 tsp

Preparation:

Hand squeeze lemon juice

Place all ingredients in a Ninja Bullet blender and blend well.

Makes ~ 12 servings

Nutrition Facts

Servings 12.0

Amount Per Serving

calories 22

% Daily Value ***Total Fat 1 g 2 %**

Saturated Fat 0 g 1 %

Monounsaturated Fat 1 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 80 mg 3 %

Potassium 22 mg 1 %

Total**Carbohydrate 2 g 1 %**

Dietary Fiber 0 g 2 %

Sugars 0 g

Protein 1 g 2 %

Vitamin A 0 %

Vitamin C 3 %

Calcium 0 %

Iron 1 %
