

Essentially Good Dressing

- 5 ounces Barlean's High Lignan Flax Oil
- 5 ounces Spectrum Olive Oil
- 3 tablespoons Eden brown Rice Vinegar
- 1 ounce Eden Red Wine Vinegar
- 1 ounce Bragg's Apple Cider Vinegar
- 1 1/2 teaspoons Spectrum Balsamic Vinegar
- 1 1/2 tablespoons Bragg's Liquid Aminos
- 1/2 teaspoon lemon juice
- 2-3 cloves of garlic, minced
- 1 1/2 teaspoons Westbrae Dijon Mustard
- 1 1/2 teaspoons dried basil
- 1 1/2 teaspoons parsley
- 3/4 teaspoon dried oregano
- 1/8 teaspoon dried rosemary
- 1/2 teaspoon Spike Seasoning
- Pinch of black pepper

Mix the above ingredients together in a blender.

A hand held blender is recommended.

Makes about 2 cups. For use in salads, pasta, and for dipping vegetables.