

Salad dressing recipe

Organic Cider Vinegar	2 cups
Lemon Juice	1/4 cup
Olive Oil if chosen	2 cups (Alternative is to increase lemon juice)
Myshroom® blend	3 Tbsp.
Ground flax seeds	1 Tbsp.
Garlic	2 Tbsp. (If fresh - crushed)
Oregano	2 Tbsp.
Pepper if chosen	To taste
Parmesan cheese if chosen	2 Tbsp.

Suggested additions

Organic Cranberries	3 Tbsp. finely chopped
Mango	3 Tbsp. finely chopped
Organic Apples	3 Tbsp. finely chopped
Tumeric	3 Tbsp.
Ground Chia Seeds	3 Tbsp.
Walnuts, Peacans and, or almonds	3 Tbsp. chopped/sliced

Blend all together. Before using remix so the spices that may settle to the bottom are spread throughout the dressing.