

Njeri's Anti-Inflammatory Tangy All Purpose Vinaigrette

Ingredients

- 1 cup of Good Quality Olive oil - California Olive Ranch is recommended or Olive Oils out of California
- 1/4 cup Apple cider vinegar
- 1/4 cup Organic Rice Wine Vinegar
- 1- 3 cloves of fresh garlic chopped fine (allow to sit in open air for 10 minutes to activate the medicinal parts) (Use Infused garlic oil if you are FODMAP sensitive)
- Freshly ground pepper 35 turns of a pepper mill or about 1 teaspoon
- OPTIONAL - 1 tablespoon of any minced fresh herbs (cilantro, parsley, *tarragon*, rosemary, *dill* etc)
- 1 Tablespoon mustard (any kind you like – Dijon is preferred)
- 2 - 3 Tablespoon Honey (to taste – you can use more or less) / (Use Maple Syrup if you are FODMAP Sensitive)



Directions

1. Mix all ingredients together in a mason jar and cover
2. Shake VERY vigorously for 1 minute
3. You can also place all ingredients in a bowl & whisk until blended & the dressing turns yellow
4. OR you can mix in a bowl and whisk for 1-2 minutes until contents are mixed and the texture is viscous.

