



**Paula M. Youmell, RN, MS, CHC**  
**Certified Holistic Health, Nutrition & Fitness Counselor**

(315) 265-0961

[pyoumell@gmail.com](mailto:pyoumell@gmail.com)

### **Easy, healthy salad dressing option:**

Organic, extra virgin olive oil  
raw, apple cider vinegar  
local honey or maple syrup  
\*fresh or dried herbs of choice or Mrs. Dash for a quick herb blend  
unrefined sea salt  
yellow mustard

In a pint or quart canning jar mix this all together. I fill it just less than 1/2 full with olive oil, finish filling with apple cider vinegar. I like more vinegar to oil ratio. Leave enough room to squeeze in some yellow mustard (keeps it together longer when you shake or stir), a bit of honey or maple syrup and a dash of sea salt. Add the herbs you like.

\*herbs I generally use: rosemary, thyme, oregano, parsley & basil (fresh from my garden or dried in winter)

I find cinnamon, cardamon, ginger & nutmeg make a fun dressing for salad greens with local, seasonal berries in the salad. Also good on raw, shredded, winter root veggie and cabbage salads. I make this in a smaller, 1 cup jam jar.

### **2 ingredient easy salad dressing:**

all natural salsa  
plain, whole fat yogurt from grass fed animals

Mix then about 1/2 & 1/2 and enjoy on your local salad greens & veggies! Add beans to the salad for a bit of south west flair!