



chiropractic laser physical rehab naturopathy massage therapy acupuncture reiki reflexology bowen

## **Olive Oil Vinaigrette Dressing**

FLT (per 2 tbsp serving): 2 oils  
90 calories, 1 g carbohydrates, <1 g protein, 9 g fat

1/3 cup olive oil  
1/3 cup flaxseed oil  
1/4 cup balsamic vinegar or lemon juice  
1/4 cup water  
1 tsp. Dijon mustard  
Salt and freshly ground pepper to taste  
1 clove garlic, minced

1. Measure ingredients into a jar with a tight-fitting lid.
2. Shake vigorously or use a whisk.