

Lisa F's Lemon Salad Dressing

"Super easy and really yummy!"

Ingredients:

Juice of a whole lemon

Extra virgin olive oil

Sea salt, cracked pepper

Add the following to make it a French vinaigrette:

1 clove garlic, cut in half

1 tbsp honey

1 tbsp Dijon mustard

To make it creamy:

Add ripe avocado to dressing and let sit for 10 minutes at room temperature.

Directions:

Use equal parts lemon and oil and add salt and pepper to taste. Place in sealed jar in fridge for up to a week. Pour over fresh baby spinach or your favourite greens.