

- The next day, add in the lemon, onions, parsley, garlic, nutritional yeast and salt and pepper.
- Cream together all the ingredients

*Tip: Goes great with the Sourdough Crackers!



Safe Salad Dressing

By: HealingStrong

Prep time:	10 min
Cook time:	20 min
Yield:	½ cup

Ingredients:

- 2 tbsp of avocado or olive oil
- 1 tbsp of lemon juice
- 1 tsp of sea salt
- 1 squirt of Dijon mustard
- 1 tbsp minced onion
- Black pepper to taste

Directions:

- Blend or whisk and enjoy!

*Tip: Goes great on a cucumber and tomato salad!