



MEDITERRANEAN GARLIC AND HERB DRESSING

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

6 tbsp extra virgin olive oil
2 tbsp apple cider vinegar
1 tsp Dijon mustard
1 clove garlic
A grind of salt and pepper
Chopped herbs such as
thyme, rosemary, basil or
tarragon

METHOD

1. Add all the ingredients to a small jug and whisk until combined.
2. Stores well for at least a week.