

# Herbal Legacy Recipes

## Festive Salad Dressing

### Ingredients:

- \*1/3 c honey or 100% maple syrup
- \*1/3 c raw apple cider vinegar
- \*2 T fresh lemon juice
- \*1/4 c chopped red onion
- \*1/2 t sea salt
- \*2/3 c extra virgin olive oil
- \*2 T poppy seeds

### Directions:

1. In blender, combine first 5 ingredients and blend until smooth.
2. With blender running on low, drizzle in olive oil and then add poppy seeds.

Yields about 1 1/2 cups.

### Note:

This is a blender dressing I make for special occasions, although the ingredients are great for everyday use. It is a big hit with kids because it is sweet and it comes out pink; how pink will depend on the red onion you select. The smaller and closer the rings of the onion are, the darker pink the dressing will be. I've had it come out hot pink!

This recipe was given to us by Traci from Thayne, Wyoming

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