

Lemon Italian Dressing

Ingredients:

- ½ cup extra-virgin olive oil
- ½ cup fresh lemon juice
- ½ cup water
- 1 Tbsp. honey (optional)
- ¼ tsp. salt
- 1 tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. ground oregano
- ½ tsp. ground basil
- ½ tsp. thyme (optional)
- 2 tsp. Clear Jel* or 2 Tbsp. chia seeds



Servings: 12



*SOY FREE

Instructions:

1. Blend all ingredients well (in blender or in covered jar, shaking well).
2. Refrigerate.
3. Keeps well for about two weeks. Can be frozen. Makes about 1 ½ cups, 12 servings. Serving size: 2 tablespoons.

*Clear Jel is precooked cornstarch, available at some health food stores.

Nutrition Facts

12 servings per container
Serving size 2 tbsp (31g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 10g 13%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 9mg 0%

Iron 0mg 0%

Potassium 17mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.