Honey Balsamic Dressing Recipe

Honey Balsamic Dressing (Oil-Free Salad Dressing)

Ingredients:

- 2 tablespoons Plant Derived Minerals
- 1 tablespoon balsamic vinegar
- 1 teaspoon raw honey
- Juice from 1 lemon
- Real salt, to taste

Instructions:

1. Whisk all ingredients together in a small bowl until well combined.
2. Taste and adjust salt as needed.
3. Serve immediately or store in the refrigerator for up to 3 days.

This light, zesty dressing is perfect over salads, grilled veggies, or grain bowls-without the oils that can trigger inflammation.