

■ Italian Dressing (Upgraded)

Ingredients:

- ½ cup Red Wine Vinegar
- 2 Tbsp Water
- 1 Tbsp Lemon Juice
- 1 Tbsp Italian Seasoning
- 1 tsp Onion Powder
- 1 tsp Dried Minced Onions
- 1 Tbsp Nutritional Yeast
- 1 tsp Plant Derived Minerals (liquid)
- ½ tsp Redmond Real Salt

Instructions:

- 1 Combine liquids first: In a small bowl or mason jar, pour in red wine vinegar, water, lemon juice, and Plant Derived Minerals.
- 2 Add seasonings: Stir in Italian seasoning, onion powder, dried minced onions, nutritional yeast, and Redmond Real Salt.
- 3 Mix well: Whisk until combined, or if using a jar, screw on the lid and shake vigorously for 20–30 seconds.
- 4 Taste and adjust: Add more vinegar or lemon juice if you like it tangier. Add a splash of olive oil (optional) if you prefer more body.
- 5 Let it sit: Refrigerate for at least 30 minutes before serving to allow flavors to meld.
- 6 Keeps fresh in the fridge for 5–7 days. Shake well before each use.