

■ Greek Dressing (Upgraded)

Ingredients:

- ½ cup Red Wine Vinegar
- Juice from one large lemon (≈ 2 tsp)
- 2 tsp Minced Garlic
- 1 tsp Dried Oregano
- ½ tsp Redmond Real Salt
- ¼ tsp Black Pepper
- 1 tsp Plant Derived Minerals

Instructions:

- 1 Combine liquids first: In a small bowl or mason jar, add red wine vinegar, lemon juice, and Plant Derived Minerals.
- 2 Add garlic and herbs: Stir in minced garlic and dried oregano.
- 3 Season: Add Redmond Real Salt and black pepper.
- 4 Mix well: Whisk until fully blended, or close the jar and shake vigorously for 20–30 seconds.
- 5 Chill and serve: Refrigerate for at least 30 minutes before serving to allow the flavors to meld.
- 6 Keeps fresh in the fridge for 5–7 days. Shake well before each use.