**Olive Oil Dressing**

This tasty dressing gives an added zing to salads and provides the excellent benefits of Omega 9 anti-inflammatory fats from olive oil

Serves 2-4

**Ingredients**

2 tbsp. extra virgin olive oil (or 1 tbsp. extra virgin olive oil and 1 tbsp. flax seed oil)

1 tsp balsamic or apple cider vinegar

½ tsp Dijon mustard

½ tsp chopped ginger and garlic (optional)

**Instructions**

Add all the ingredients to a glass jar, screw on the lid and shake vigorously for 30 seconds to combine. Pour over salad and enjoy.