



## SKINNYFat GREEK DRESSING



### Ingredients:

- 2 cloves garlic, minced
- 1 teaspoon **dried oregano**
- ½ teaspoon organic dijon mustard
- ¼ cup organic red wine vinegar (Spectrum & Napa Valley both make this)
- 1 teaspoon real salt (or organic unrefined salt)
- ½ teaspoon freshly ground **organic black pepper**
- ½ cup **SKINNYFat Olive**

### Directions:

1. Whisk together the minced garlic, oregano, mustard, vinegar, salt and pepper in a small bowl.
2. Continue whisking and slowly add the SKINNYFat Olive to make an emulsion.

This Micronutrient Miracle Approved salad dressing was adapted from as Ina Garten recipe. It is so easy to swap out Poor Food ingredients for Rich Food ingredients, like the SKINNYFat Olive oil.