



CITRUS DRESSING

By Dr. Cindy Tanzar
(Standard/Maintenance)

Don't worry about adding to your checklist.
Makes 11 servings. Just enjoy 2 tbsp of dressing.



INGREDIENTS

1/4 c. apple cider vinegar
1 c. water
1 tbsp. lemon juice
15 drops of Stevia
10 drops of orange flavored Stevia
1/4 tsp. Italian seasoning
1/4 tsp. garlic salt
Add 2 tsp. tomato paste for a tomato/citrus dressing

DIRECTIONS

Add all ingredients and mix well. Store in the refrigerator.