



GENESIS
Health Solutions
WHERE HEALTH BEGINS

LEMON DIJON MARINADE

By Dr. Cindy Tanzar
(Standard)
Makes 1 serving.



INGREDIENTS

- 1 organic lemon, juice and zest
- 1 Tbsp. grainy mustard or Dijon
- 2 cloves garlic, grated
- ½ tsp. Pink Himalayan salt
- 1/8 tsp. black pepper

DIRECTIONS

Mix the ingredients in a small bowl. Spread over meat or fish up to 12 hours in advance or before grilling.