



POPPYSEED DRESSING

By Dr. Cindy Tanzar
(Standard)

The creamy poppyseed dressing will become a favorite on any salad, but works very well with the sweetness of the berries.
Makes 16 servings (2-3 tbsp). One serving covers your fat (2-3 Tbsp) for one meal.



INGREDIENTS

- 1/2 cup white vinegar
- 1/3 cup Swerve (granular or confectioners)
- 1 tsp. Pink Himalayan salt
- 1 tsp. ground dry mustard
- 1 tsp. grated onion
- 1 cup extra virgin olive oil
- 1 Tbsp. poppyseeds (found in the spice aisle)

If you like it a bit sweeter, you can add drops of stevia to your liking.



INSTRUCTIONS

Combine all salad dressing ingredients into a bullet or blender and mix until oil is well incorporated. Add poppyseeds and mix well with a spoon. Pour 2-3 Tbsp of the dressing over your salad and mix well.