

Fig Balsamic Vinaigrette Dressing



Ingredients

- ½ Cup Fig Balsamic Vinegar**
- 1 Cup Olive Oil**
- 2 TBSP Cod Liver Oil (Lemon Flavor)**
- ¼ Cup Whole Grain Mustard or Dijon Mustard**
- 3 Cloves Garlic (Minced)**
- ½ Small Onion (Minced)**
- 1 ½ TSP Dulse Flakes**
- 2 TSP Spice of Life Seasoning**
(Senior Living Residence's own blend)

Directions

Whisk all ingredients together. Dressing will thicken. Pour over Mescaline Mix Salad or use as a tasty Marinade for Steak, Chicken or Fish.

Don't be alarmed by the cod liver oil – you can't even taste it in the dressing and it provides a brain healthy punch!

If you don't have SLR's special Spice of Life, substitute a spice blend, such as Trader Joe's "21 Seasoning Salute".

a Recipe from the Kitchen of



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