



Poppy Seed Dressing

Ingredients:

- 1/3 cup olive oil
- 2 tbsp apple cider vinegar
- 1 shallot or small onion, minced
- 1 tbsp poppy seeds
- 1 tsp Splenda or Stevia
- ¼ tsp each salt and pepper

Directions:

1. In bowl or jar, whisk or shake together oil, vinegar, shallot, poppy seeds, Splenda, salt and pepper.
2. Enjoy!

Servings: makes 8 servings.

Each serving = daily healthy fat.

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