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Ingredients

- 2 garlic cloves, crushed
- 1 tsp (5 mL) mustard
- 3 Tbsp (45 mL) fresh lemon juice or organic apple cider vinegar
- ½ cup (125 mL) flaxseed oil
- 3 Tbsp (45 mL) water
- $\frac{1}{2}$ tsp (2 mL) honey or maple syrup (optional)

Instructions

- 1. Put ingredients in blender and pureé together.
- 2. Add to salad just before serving.
- 3. Store remainder in air-sealed container in refrigerator for up to 1 week.

Make 3/4 cup (175 mL).