



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
- ½ 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 ¾ cup (175 mL).