



Ingredients

- 2 tbsp (30 mL) olive oil
- 2 tbsp (30 mL) Omega Nutrition garlic-chili flaxseed oil (or unflavored flaxseed oil)
- ½ cup (125 mL) apple cider vinegar
- 1 tbsp (15 mL) organic apple cider or rice wine vinegar
- 2 tbsp (30 mL) Dijon mustard (optional)
- 2 tsp (10 mL) brown sugar
- Sea salt and freshly ground pepper to taste

Instructions

Combine all ingredients in a jar. Briskly stir and serve over any vegetable/grain salad.

Serves 3-4.