



For LoSalt

3 Salad Dressings

Salad dressing can transform your green leaves into a haven of flavour.
Here are my 3 favourites!

Simply mix the ingredients together in a bowl or shake up in a jam jar.



'The Mediterranean'

2 tablespoons olive oil
1 tablespoon balsamic vinegar
Juice from 1 lemon
Sprinkle LoSalt

'The Herby'

2 tablespoons olive oil
1 clove garlic, crushed
1 tablespoon red wine vinegar
Sprinkle LoSalt
Handful fresh parsley, chopped
Handful fresh basil, chopped

'The Minty Yog'

2 tablespoons natural yogurt
sprinkle LoSalt
handful chopped mint
1 clove garlic, crushed
1 tablespoon white wine vinegar