

## Healthy Italian Dressing

### Ingredients:

- 1 clove garlic
- 1/2 tsp Italian seasoning
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 Tbs dijon mustard
- 1/4 cup fresh lemon juice
- 1/4 cup grapeseed oil \*or any mild flavored oil



### Instructions:

1. Combine all ingredients into a blender and blend on high until smooth (30 seconds).
2. Serve on salad!