



## Recipe Strawberry Salad Dressing

1 ea.	Lime, juiced
1 ea.	Orange, juiced
1 Tbs	Honey
4-5	Strawberries, chopped or pureed
2 sprigs	Fresh Mint, chopped
1 tsp	Red Wine Vinegar
1/4 C	Vegetable or Olive Oil

Chopped Garlic and Shallots are optional

Using a blender or a bowl and whisk,  
combine all of the above ingredients.  
Enjoy over your favorite salad.

Serves 6



## Recipe Grapefruit Salad Dressing

1/2	Grapefruit, juiced
1/2	Lemon, juiced
1-2 Tbs	Honey
1 tsp	Red Wine Vinegar
1/4 C	Vegetable or Olive Oil

Using a blender or a bowl and whisk,  
combine all of the above ingredients.  
Enjoy over your favorite salad.

Serves 6