

# Olive Oil and Lemon Salad Dressing

## Ingredients

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- 1 ½ c olive oil
- 2tsp Lemon & Pepper Seasoning
- Black pepper (to taste)
- 2TBSP vinegar

## Directions

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- 1) Mix all ingredients into an container with securable lid
- 2) Tighten lid
- 3) Shake vigorously until olive oil and lemon juice blend into one, after about 1 minute of shaking



Olive oil is rich in almost 40 antioxidants and a good source of Vitamin E which helps reduce oxidation of LDL cholesterol & helps increase HDL. Polyphenols in olive oil help build stronger cell walls and increase elasticity of arterial walls. The acidic content of olive helps to colon health. The polyphenols in olive oil are antiarthrogenic, heart protective, aid in lowering blood pressure, brain protective, support health hormone function, and have anticancer effects.