

# Olive Oil Dressing, No Vinegar

Prep time 5 mins	Cook time 0 mins	Total time 10-20 mins
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## Ingredients

- 1c Extra Virgin Olive Oil
- 2.5 lemons – fresh squeezed juice
- ¼c Chopped Red Onion
- 1tsp Sea Salt
- ½ TBSP Ginger root (freshly grated)
- 1 TBSP Basil Leaf
- ½ TBSP Rosemary Leaf
- ½ TBSP Garlic Powder
- Pepper to taste

## Instructions

1. In food processor or blender – add olive oil, lemon juice, onion, salt, basil, rosemary, garlic, and pepper
2. Grate ginger (don't waste juice or pulp). Throw into blender
3. Blend 2-3min
4. Refrigerate & when cool will get thick and creamy

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.