

Black Seed Magic Dressing

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 tsp black seed powder*
- 1 tsp local honey
- 1 tbsp grainy dijon mustard
- Juice from half a lemon
- 1 garlic clove, finely chopped
- 1/2 cup extra-virgin olive oil
- 4 tbsp water
- Pinch of sea salt

Instructions:

1. Place all ingredients into a small bowl and mix with a wire whisk.
2. Give a taste test and adjust accordingly. This recipe makes a creamy dressing, if you want a thinner consistency, just add more water.
3. Keeps in the fridge for 5 days.

Notes:

This made enough dressing for a salad that served 4 people.