

# Lazy Lady Salad Dressing

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

## Ingredients:

- 2/3 cup extra-virgin oil
- 1/3 cup apple cider vinegar
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/2 tsp dried parsley
- 1 tsp raw honey
- Pinch sea salt
- Pinch pepper

## Instructions:

1. Place all the ingredients into a wide mouth mason jar and give a good shake.
2. There isn't anything that will go bad because the vinegar will keep it acidic so you can store in the cupboard. If you add fresh garlic, you'll need to put in the fridge.

## Notes:

If you want to make a large portion, then just make sure you keep the ratio of 2:1 or 3:1 parts olive oil to 1 part vinegar. It's really just a personal preference which you prefer. ACV is pretty strong so 2:1 might be ideal but if you were using another vinegar like balsamic you might want to use more - up to you!