



MAKE **TODAY**  
VIBRANTLY  
**délicIOUS**

Nutritious foods not only increase your energy and improve your mood, but can also help prevent many health conditions. When it comes to eating right, you don't have to settle. Healthy treats come in all shapes, sizes, and flavors to fit your taste.

### Celebrate nutrition

This month, make it a habit to make your own dressing. Homemade dressings don't have unnecessary additives and artificial flavors, and knowing what's in your food is a step toward better health.

For more healthy recipes, visit [kp.org/foodforhealth](http://kp.org/foodforhealth).

### Lemon Lime Vinaigrette

#### Ingredients

- Juice of 1 lemon
- Juice of 1 lime
- 1 tablespoon sugar
- ½ teaspoon salt
- 1 ½ times as much extra virgin olive oil as juice (for starters)

#### Directions

Whisk or shake everything together. Indulge.

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