



PROBIOTIC
RICH *Lemon & Garlic*
Vinaigrette Recipe

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Can Garlic Cure Anything In Your Body? You Bet It Can!

Everything about this fantastic vinaigrette is good for you with the star of the show being raw garlic.

Garlic fights all types of infection, including viral, bacterial, fungal, and parasitic. It helps to regulate blood sugar, can lower blood pressure, and assists in lowering cholesterol.

Raw is key! And if you are preparing for a cleanse, it can help eliminate harmful bacteria, yeast, and parasites, enhance fat burning, reduce hunger sensations, & lower cholesterol. And don't forget it's medicinal properties to help fight the common cold!

Don't Like It Raw? Try this delicious vinaigrette that gives you the medicinal properties in a palatable form that you will absolutely love. From salads, to meats to your veggies as a dip, this versatile vinaigrette can be used in many of your healthy dishes.

Probiotic Lemon-Garlic & Herb Vinaigrette

When left on your counter at room temp for 24 hours, this dressing becomes a natural probiotic!

Ingredients

- 1/4 cup fresh lemon juice
- 4 cloves garlic, minced
- 1/2 shallot, minced
- 1 tablespoon sundried tomato, finely minced
- 1 inch of fresh ginger, grated
- 3/4 cup extra virgin olive oil
- 1/4 cup raw apple cider vinegar
- 1/4 cup fresh parsley or cilantro, finely chopped
- 1 tsp thyme (fresh is best if possible)
- 1/2 tsp dry mustard
- 1 teaspoon lemon zest
- 1 teaspoon sea salt, plus more to taste if needed
- 1/2 teaspoon ground black pepper
- 1-2 tbsp raw honey

Basic Version - If you're in a rush or don't have all ingredients on hand, here's a simplified version:

- 1/4 cup fresh lemon juice
- 4 cloves garlic, minced
- 3/4 cup extra virgin olive oil
- 1/4 cup raw apple cider vinegar
- 1/4 cup fresh parsley or cilantro, finely chopped
- 1 teaspoon sea salt, plus more to taste if needed
- 1/2 teaspoon ground black pepper
- 1-2 tbsp raw honey



Instructions

1. Combine all ingredients in a wide mouth mason jar.
2. Shake well and adjust salt/honey to taste - alternatively, you can put all ingredients into a blend. Color of the vinaigrette will be come bright green from parsley/cilantro.
3. Enjoy immediately or let it sit on your counter at room temp for 24 hours for the vinaigrette to begin its probiotic magic.
4. The vinaigrette can stay on your counter for about 5 days before it should be placed in the fridge. The oil will solidify somewhat, so be sure to allow it a chance to come back to room temp before serving.
5. This raw, probiotic-rich and incredibly delicious recipe can be used on salads, fish & seafood, as a vegetable dip or a marinade.



For colds and flus, garlic provides a decongestant effect, source of vitamin C, and enzymes and minerals that help to boost immunity. Some experts recommend a clove or two every 3 or 4 hours to knock out the flu bug entirely. Pickled garlic is less intense, with mellowed flavours that are easier to consume raw. Try adding them in your salads or during cold and flu season when you feel a bug coming on!

