

CINDY'S FAVORITE DRESSING

1 cup Extra Virgin Olive Oil
1/3 cup Apple Cider Vinegar
1 tsp Italian Seasoning
1 ½ tsp Sea Salt
8 Cloves of minced Garlic (or more, Cindy likes a lot of Garlic)

Combine all ingredients. Stir together very well. No need to refrigerate.

CINDY'S SMOOTHIE

½ cup Non-Fat Plain Yogurt
1 cup Berries (mixed berries, blueberries, etc.)
1 tsp Flaxseed Meal (Bob's Red Mill, Whole ground flaxseed)
½ cup milk

Combine ingredients and blend in Magic Bullet.