

Omega-3 Salad Dressing

SERVES 10

1 cup cold-pressed **flax seed oil**

3/4 cup **tamari**

2/3 cup **balsamic vinegar**

1 tablespoon toasted **sesame oil**

Repurpose a bottle that used to be used for other oil, as long as it is still fresh. Mix all ingredients together in this bottle. Store in REFRIGERATOR—this is vital because Omega 3 fats (dense in flax seed oil) will quickly go rancid if not refrigerated.

Shake well before putting over salad.

see more vegan recipes at www.TruthAboutNursing.org/vegan