



HOMEMADE KEIFER DRESSING

Ingredients:

- 1 cup kefir (homemade or store-bought, plain)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon freshly squeezed lemon juice
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- 1 teaspoon raw honey
- 1 tablespoon fresh herbs (parsley, dill, or chives), finely chopped
- Sea salt and freshly ground black pepper, to taste

Equipment:

- A small mixing bowl or jar
- Whisk or fork for mixing

Source:

Recipe inspired by Nourishing Traditions by Sally Fallon.

Procedure:

1. Combine Ingredients:
2. In a small mixing bowl or jar, add kefir, olive oil, lemon juice, minced garlic, mustard, honey, and fresh herbs.
3. Whisk Together:
4. Whisk all ingredients until smooth and well combined. Adjust seasoning with salt and pepper to taste.
5. Chill Before Serving:
6. Refrigerate the dressing for at least 15 minutes before using to let the flavors meld together.
7. Serve and Store:
8. Drizzle over salads, roasted vegetables, or use as a dip. Store in the refrigerator in a sealed jar for up to 5 days.