

IMMUNE BOOSTING

Salad Dressing

YOU WILL NEED

- 1 lemon, juice & zest
- 1 tbsp grated fresh ginger
- 1/2 tsp turmeric, grated or ground
- 1 clove garlic, crushed
- 1/2 tsp ground black pepper
- Pinch sea salt
- 2 tbsp extra virgin olive oil
- NB you can swap lemon for orange if you prefer.

METHOD

- Add all ingredients to a small jar.
- Place lid on & shake well.
- Store in the fridge for a maximum of 3 days.



NUTRITION TIP

Garlic, ginger & turmeric are all anti-bacterial, helping to ward off illness.