

## Classic Vinaigrette

2 dessert spoons Naturals by Melrose Apple Cider Vinegar  
6 dessert spoons of Olive oil  
Salt  
Freshly ground pepper

Mix apple cider vinegar and Olive Oil well, for an extra tasty dressing you can also add 2 – 4 cloves of freshly crushed garlic and mix well then add freshly ground pepper to taste.

## Melrose Omega-3 Salad Dressing

180ml Melrose Flaxseed Oil (for the Omega-3)  
60 ml Naturals by Melrose Apple Cider Vinegar  
1 teaspoon Dijon Mustard  
2-4 cloves of garlic, finely chopped  
1 teaspoon Tamari  
6 drops Tabasco  
1 dessertspoon fresh basil, chopped  
1/4 cup Parmesan cheese, grated  
1/2 teaspoon sugar  
1/2 teaspoon tomato paste

For an alternative to the classic vinaigrette try this tasty dressing, which has all the benefits of Omega-3 as well as tasting great! It is a simple recipe, Blend all ingredients in a food processor on low speed or mix well by hand – keep in the fridge and use within 1 week.



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