

Salad Mixer Recipe

Detox Salad Dressing

Using ISOTONIX

Olive Oil and Herbs(optional) plus (Isotonix: Vitamin D(Hormones), Resveratrol(Antiaging), Bromelain(Inflammation), Vitamin C (Immune system), ACAI(Energy))

Pick either of the above ones. Do not mix.

A small dish of isotonix, and oil beside it. That about 1/3 teaspoon and oil on it.

Ginger Dressing

Prep time: 10 mins

Ingredients

- 6 tbsp vegetable oil
- 1 tbsp freshly grated ginger
- 1 tsp salt
- 3 spring onions

Method

1. To make the dipping sauce, warm the oil gently with ginger & salt until the salt dissolves.
2. Finely chop the green stems of the spring onions & add them to the warm oil, stirring as they wilt & soften, then remove from the heat & set aside until ready to eat.

PROTEIN SHAKE DETOX DRESSING

- 1 Packet of TLS Protein Shakes
- Mint Blend
- Olive Oil

Dr SU Dressing

Serves 1

- 1/8 tsp paprika
- 1/2 cup water
- 1/6 TBSP black pepper
- 1/8 tsp onion powder
- 1/8 tsp garlic powder
- 1/8 tsp oregano
- 1/8 tsp basil
- 1/2 tsp white wine vinegar
- 1 oz. Dijon mustard

Combine all ingredients into a jar and mix.

Lemon-Ginger Dressing

- 3/4 cup Fresh Squeeze lemon juice
- 1/2 cup extra-virgin Olive Oil
- 1 to 1/2 inch knob of fresh ginger to taste
- 1 clove garlic
- 1 Pinch of isotonix bromelain/resv/vitamin d

Salad Mixer Recipe

Non Detox Dressing

Raw Apple Cider Vinaigrette

makes about 1 cup

Ingredients:

1 garlic clove, minced
1 tablespoon Dijon mustard
1/4 cup [raw apple cider vinegar](#)
2 tablespoons fresh lemon juice
1-2 tablespoons [raw honey](#), as needed for sweetness
1/3 cup extra-virgin olive oil
salt and pepper, to taste