

Healthy Recipes

Miso Dressing

2-8 cloves	Fresh, organic garlic and lots of it!
6-8 ounces	unpasteurized white miso
$\frac{3}{4}$ cup	balsamic vinegar
$\frac{1}{2}$ cup	filtered water
1 tbsp	mustard
some	olive oil

Blend garlic, vinegar and water. Then add miso, mustard and olive oil to the mixture.

This simple dressing serves as a great addition to salads, rice, stir fries or other dishes. Very flavourful and a little spicy.