



LEMON DIJON SALAD DRESSING^o

SERVES: 6 (2 Tbsp. each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1




- 1** large egg yolk, pasteurized*
- 1 Tbsp.** Dijon mustard
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper
- ¼ cup** fresh lemon juice
- 1½ tsp.** finely grated lemon peel (lemon zest)
- ¼ cup** extra-virgin olive oil


- 1.** Place egg yolk, mustard, salt, pepper, lemon juice, and lemon peel in a medium bowl; whisk until smooth.
- 2.** Slowly add oil, whisking continuously until well blended.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 94 Total Fat: 10 g Saturated Fat: 2 g Cholesterol: 31 mg Sodium: 157 mg Carbohydrates: 1 g Fiber: 0 g Sugars: 0 g Protein: 1 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the  icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.