**My Quick and Easy Recipe for Super-Healthy Salad Dressing**

**Geary's Healthy-Fat Blend Balsamic Vinaigrette Dressing**

Fill your salad dressing container with these approximate ratios of liquids:

* 1/3rd of container filled with balsamic vinegar
* 1/3rd of container filled with apple cider vinegar
* fill the remaining 1/3rd of container with equal parts of extra virgin olive oil and "Udo's Choice EFA Oil Blend"
* Add just a small touch (approx 1 or 2 teaspoons) of real maple syrup
* Add a little bit of onion powder, garlic powder, and black pepper and then shake the container to mix all ingredients well.

This homemade salad dressing mixture is **delicious and healthy**, and I pretty much never get tired of it!

The reason I choose to blend the extra virgin olive oil half & half with the Udo's Choice Oil is that they make up for what each lacks... Although extra virgin olive oil is healthy and contains important antioxidants, it is mostly monounsaturated, and is low in the essential fatty acids (EFAs). The Udo's Choice Oil is higher in **unrefined**polyunsaturated oils with a good healthy balance of omega-3 to omega-6 fatty acids.

There are several variations of the Udo's Choice Oil, and one of them (labeled DHA 3-6-9 Blend) even contains a DHA algae oil blended into the mix along with organic flax oil, coconut oil, evening primrose oil, rice bran oil, oat germ and bran oil, and a few others.

Overall, blending Udo's Oil with extra virgin olive oil makes nearly a perfect oil blend for salad dressings with a great taste and maximum health benefits.  If you can't find Udo's Choice Oil Blends, there are other EFA oil blends on the market...just make sure that they are COLD-processed to protect the EFAs.  You should never heat an EFA oil blend!

Give this homemade super-healthy salad dressing a try!  You'll do your body a favor by avoiding the harmful additives in store-bought salad dressings.

Enjoy!