



## *Chat N Chew*

### *Good Oils Season 1-3*

#### *Guggenheim Dressing*

- *½ cup extra virgin olive oil*
- *¼ onion chopped*
- *1 tbsp. mustard*
- *1 tsp. cayenne pepper*
- *Vinegar or Juiced lemon*

*Mix and enjoy on your favorite salad!*

***Healthy Living for Wellness of Body, Mind and Spirit***

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