



Chiropractic Applied Kinesiology Vitamins Herbs
Homeopathy Health Education Classes

BOZEMAN WELLNESS CENTER

Dr. Philip Cameron, DC
Dr. Christine Foskett, DC

Chiropractic Physicians
Professional Applied Kinesiologists

Dr. Cameron's Dressing (from Joy of Cooking)

(Makes about a ½ cup and can be used as a sauce or a dressing)

This dressing is best made just before use.

STEP ONE

Wisk the below ingredients until smooth:

½ teaspoon sea salt

¼ teaspoon pepper

1-tablespoon olive oil

1-tablespoon red wine vinegar, Braggs Apple Cider vinegar or lemon juice

(¼ teaspoon dry mustard or ¼ tsp. turmeric, garlic powder, sprinkle of celery seed,

¼ tsp. basil or any favorite spice/herb)

STEP TWO

Add the following and wisk/beat:

1-tablespoon vinegar or lemon juice

2-tablespoons of olive oil

STEP THREE

Add the following and wisk/beat:

1-tablespoon vinegar or lemon juice

3 tablespoons olive oil

Serve immediately by tossing into salad or add to marinade for meat or as a sauce over vegetables, rice or grains.