Recipes From the Blue Zones® Kitchen

Fresh Basil Vinaigrette

By Chris Hatanelas from Sacks in the City and Sacks on the Beach

Ingredients:

- 1/4 bag basil
- 1 cup water
- 1 lemon
- 1 cup olive oil
- 3/4 cup balsamic vinegar
- Salt to taste
- 1 tsp pepper
- 1 tbsp granulated garlic

Directions:

• Place basil in a blender until it is loosely packed full. Place the rest of the ingredients into the blender & blend for 40 seconds.

Notes			



