

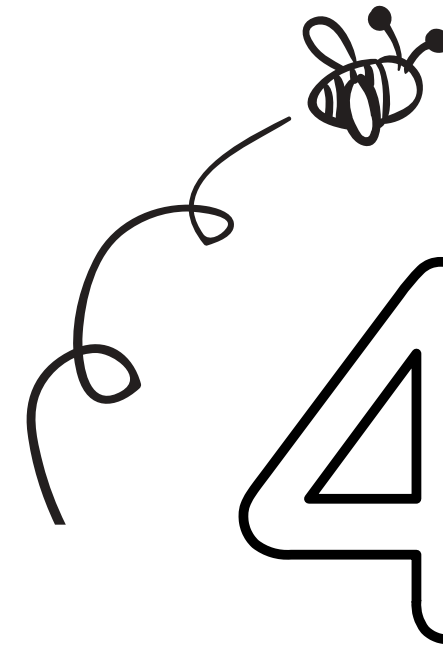
# Create a Recipe

Build your own salad dressing!



1

Grab a clean jar, and take the lid off



4

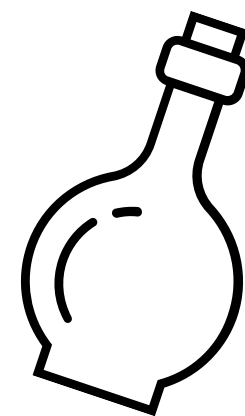
Add 1/4 cup of something **sweet** to the jar

- honey,
- maple syrup *or*
- something else sweet: \_\_\_\_\_

2

Add 1 cup of an **oil** to the jar

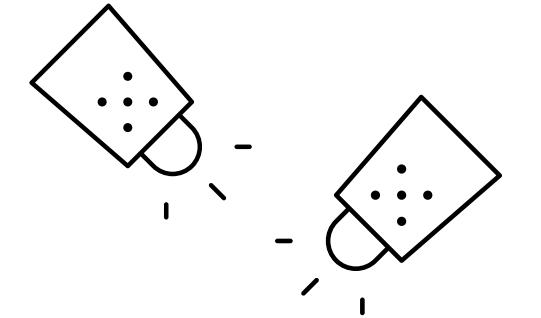
- olive oil,
- vegetable oil,
- avocado oil *or*
- another oil: \_\_\_\_\_



5

Add to the jar:

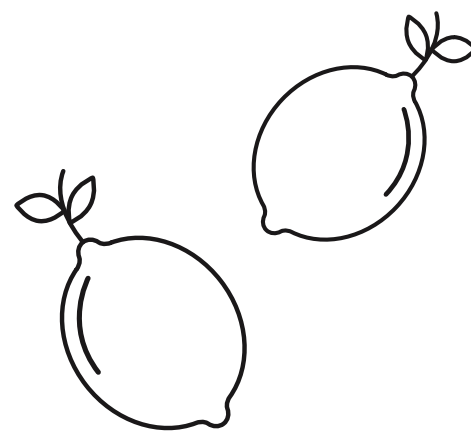
- 1 teaspoon of **dijon mustard** (to help it all mix together!),
- 1/2 teaspoon of **salt** *and*
- 1/4 teaspoon of **pepper**



3

Add 1/2 cup of an **acid** to the jar

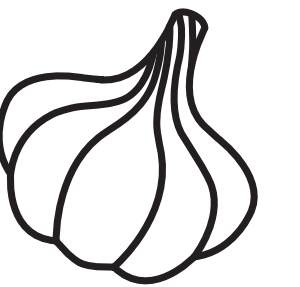
- red wine vinegar,
- balsamic vinegar,
- lemon juice *or*
- another acid: \_\_\_\_\_



6

Add some **aromatics** and **flavouring** (optional):

- chopped garlic, shallot, or onion,
- fresh or dried herbs, *and/or*
- other flavours: \_\_\_\_\_



7

- Put the lid tightly on the jar
- **Shake it all up!**
- Taste your salad dressing. Does it need more of any flavours? Adjust to your tastes!
- Pour onto salad, and enjoy!

# My Salad Dressing Recipe

What is in your salad dressing?

## Equipment needed:

- 1 clean jar with lid
- Measuring spoons
- Measuring cups
- 1 spoon

## Ingredients:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Instructions:

1. Measure and prepare all of your ingredients.
2. Mix all ingredients together in the jar.
3. Put lid tightly on the jar.
4. Hold jar and lid with both hands, and shake until all the ingredients are combined.
5. Use a spoon to taste your salad dressing.
6. Adjust the flavours to your liking
7. Pour onto salad and enjoy!

