

Italian Dressing Mix

THM-Friendly: PP

- 1 and 1/2 tsp. garlic powder
- 1 Tbsp. onion powder
- 2 Tbsp. oregano
- 1 Tbsp. dried parsley
- 1 Tbsp. THM Super Sweet
- 2 Tbsp. mineral salt
- 1 tsp. black pepper
- 1 tsp. basil
- 1/4 tsp. ground thyme
- 1/2 tsp. celery flakes

Add all ingredients to a chopper or food processor and mix it well.

Store in an airtight container.

Add a tablespoon or so (to taste) to 1/2 cup Greek yogurt for a dip. OR for a salad dressing, mix 2 Tbsp. of this mix with 1/4 cup vinegar, two Tbsp. water, and 1/2 to 2/3 cup olive oil.

enJOY!

