

# VITALITY

## *Sensational Salads*

### *Citrus Kissed Salad with Pine Nuts*



#### **Ingredients:**

- $\frac{2}{3}$  cup extra virgin olive oil
- 5-8 drops of liquid stevia
- 3 tablespoons water
- 2 tablespoons white wine vinegar
- 4 teaspoons minced fresh garlic
- 1 tablespoon Dijon Mustard
- 2 teaspoons fresh lime juice
- 2 teaspoons fresh lemon juice
- 2 teaspoons fresh parsley, minced
- $\frac{1}{2}$  teaspoon dried basil
- $\frac{1}{4}$  teaspoon dried oregano
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon fresh ground black pepper
- 3 tablespoons of pines nuts (**for Toppings**)

#### **Directions**

1. Put everything in blender except Pine Nuts (Nutri Bullet works best).
2. Blend for one minute until mixture forms an emulsion.
3. Cover and chill for one hour before serving.
4. Pick your favorite greens and veggies and add some sautéed pine nuts.