IDEAL PROTEIN
POWERING *life* POSSIBLE

GRILLIN' & CHILLIN' RECIPE DAYS

Ingredients:

2 tsp. Apple cider vinegar

1 tsp. Ginger root - grated

1/3 Cup Olive oil

1 tsp. Soy sauce

1/4 tsp. Stevia or Splenda (to taste)

1/4 tsp. Ideal Salt

1/4 tsp. Pepper

1/4 tsp. Hot pepper sauce (no sugar added)

Ginger Dressing

Directions:

1. Mix vinegar with ginger and let stand for 2 minutes.
2. Strain liquid into a bowl by pressing to extract all the liquid from the ginger root.
3. Mix in remaining ingredients.
4. Serve over your favorite green leaf salads or slaws.
5. Also great over steamed vegetables.

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