

Time2Thrive Garlic Scape Dressing

I actually made this up and it was really a nice vinaigrette. Clean your veggies really well, as you use them raw. You need a good blender for this, I wouldn't recommend a food processor.

GARLIC SCAPE.DRESSING

- 4 garlic scapes, chopped into about 16 -20 pieces
- 4 green onions, coarsely chopped like above
- 2 teaspoons honey
- 1 tablespoon Dijon mustard or similar brown mustard
- 3 tablespoons red wine vinegar
- 3 tablespoons lemon juice, preferably fresh
- dash salt
- ¼ teaspoon fresh ground black pepper
- ½ cup extra virgin olive oil
- ½ cup walnut oil



Time²
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Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 132	
	% Daily Value *
Total Fat 14 g	21 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 42 mg	2 %
Potassium 15 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	1 %
Sugars 1 g	
Protein 0 g	1 %
Vitamin A	1 %
Vitamin C	3 %
Calcium	0 %
Iron	0 %

"Let Food be your Medicine, your Kitchen your Pharmacy and Lifestyle your Doctor."

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