

Pear and Thyme Salad Dressing

By Catherine Carrigan



Ingredients:

- 2 pears ripe, cored and cut up
- ½ cup olive oil
- ¼ cup water
- ¼ cup pinio grigio vinegar
- 1 tsp Dijon mustard
- ½ tsp fresh thyme
- ¼ tsp sea salt
- ¼ tsp stevia
- 1 clove of garlic
- 1 small shallot

Mix dressing in food processor. Refrigerate.

What's healthy about this dressing?

1. Avoid transfatty acids and save money on conventional bottled dressings by making your own salad dressings out of fresh ingredients.
2. Thymol, the primary volatile oil constituent of thyme, has been found to significantly increase the percentage of healthy fats found in cell membranes. It has antimicrobial properties that kill of various bacteria and fungi.
3. Pears alkalize the body. By using fresh pears, you need less fat in this salad dressing. They are a hypoallergenic fruit less likely to produce food an adverse reaction than other fruits.