

Trim Healthy  
W I S D O M

## Tarragon Lemonerette (S)

*(S—This dressing makes any salad better. I love it on my Purple Sweetie Salad for an XO or on a pure S salad. It has two sour components to help with insulin-sensitizing, but it does have extra virgin olive oil, which, although very healthy, is high-density. So don't overdo the amounts of this dressing if you are still on your CLBM regaining journey but do enjoy!)*

Makes Multiple Servings

### INGREDIENTS:

- ¼ cup apple cider vinegar (ACV)
- 1 large lemon (use the juice only)
- ½ cup extra virgin olive oil
- 2 Tbs Dijon mustard
- 1 clove of garlic (minced)
- ½ tsp [TH Mineral Salt](#)
- ¼ tsp black pepper
- 1 Tbs fresh tarragon (diced or 2 teaspoons dried tarragon)

### INSTRUCTIONS:

1. Whisk all together till well combined in a jar with a whisk or immersion blender.