

Trim Healthy  
W I S D O M

## Creamy Happy Gut Dressing (FP)

*(S - This is a high protein, lean dressing that is all sorts of tasty. I love it on my Purple Sweetie Salad when I'm shooting for a true E. Some might find the taste a little too strong if using Super Quark made from L. reuteri yogurt. For this reason, I have given you other choices. It still works great with basic Greek yogurt if you are not a Super Quark maker because vinegar and lemon are involved, and they make your muscles open up to store-bought Greek yogurt more efficiently to receive the protein, so it doesn't just hang around in your bloodstream.)*

Makes Multiple Servings

### INGREDIENTS:

- 1½ cups of *Super Quark* (either kefir or L. reuteri) OR 0% Greek yogurt OR ¾ cup each *Super Quark* and 0% Greek yogurt
- 1½ Tbs apple cider vinegar (ACV)
- ½ fresh lemon (use the juice only)
- ½ tsp garlic powder
- ½ tsp black pepper
- ½ tsp [TH Mineral Salt](#)
- fresh or dried herbs of choice (dill, parsley, or mint; diced; sprinkled in, to taste)



### INSTRUCTIONS:

1. Place all ingredients into a jar and whisk carefully with a fork or small whisk until combined, taking care not to turn the yogurt into liquid by whisking too vigorously.