

Instant Low Fat Kefir Salad Dressing



TIPS:

1. Full-On Flavor with an Anti-Inflammatory Punch: This very quick & easy to make fully-flavorful low fat salad dressing contains kefir (a good bacteria, yogurt-like fermented milk drink), garlic powder, ground ginger, turmeric, mustard, apple cider vinegar, ground flaxseeds, ground black pepper, and honey - all of which are rich with anti-inflammatory benefits.

2. **Low Fat/LowSalt/Low Sugar:** The small amount of **fat, salt, and sugar** in this recipe come from **mustard, low fat kefir, and honey**, which therefore makes the dressing *low in sodium, fat, and sugar*, though please check the ingredients you use to make sure they comply safely if you are on a sodium, fat, and/or sugar restricted diet.

3. **About Vinegar:** This recipe calls for **apple cider vinegar**. Here's a quick comparison of commonly found vinegars. **Red wine vinegar** and **white wine vinegar** are most sour. **Apple cider vinegar** and **rice vinegar** are medium sour with a slightly sweet flavor. **Balsamic vinegar** has a robust sweet and sour flavor.

Preparation Time: 5-7 minutes

Needed

(to make 2 cups or 16 ounces of dressing)

1 - 2 Teaspoons Garlic Powder

1 Teaspoon Ground Ginger

1 Teaspoon Ground Turmeric

1/2 - 1 Teaspoon Ground Black Pepper

1 Tablespoon Ground Flaxseeds

1 Tablespoon Mustard

8 Ounces Apple Cider Vinegar

8 Ounces Low Fat Plain Kefir (can be substituted with plain low fat or non-fat yogurt)

1 Tablespoon Honey

Teaspoon

Tablespoon

16-Ounce Jar with a Snug Fitting Lid (or use a measuring cup and fork if you don't have a jar)



1. Add the following to a 16-ounce jar (or measuring cup if you don't have a jar):

1 teaspoon garlic powder



1 teaspoon ground ginger



1 teaspoon ground turmeric



1/2 - 1 teaspoon ground black pepper (which you can either measure as shown in the photo below on the left or estimate as shown in the two pictures below to the right)



1 tablespoon ground flaxseed



1 tablespoon mustard



8 ounces apple cider vinegar - I'm filling the 16-ounce jar halfway full with **apple cider vinegar**



First shake the **container of low fat plain kefir** and then...



...add **about 8 ounces low fat plain kefir** - I'm filling the jar the rest of the way full with **kefir**

making sure to leave air space at the top of the jar so that I can shake the **dressing**



Measure and stir in **1 tablespoon honey** -stir immediately to help the **honey** mix with the **cooler ingredients**



2. Screw the lid on the jar snugly (or stir the dressing vigorously with a fork if you're using a measuring cup).



Hold the jar securely with both hands and shake the **dressing** vigorously for 20 or more seconds, preferably over the sink in case the jar leaks, until the **ingredients** are completely mixed together...



...like this.



3. Use the **dressing** as is and, because the **kefir** is perishable, store any **leftover dressing** in the refrigerator for at least 1 week. When you're ready to use the **dressing** again, just first give it either a quick shake in a jar or a quick stir with a spoon or fork.

