

# Minty Dressing

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Prep Times: 5 minutes, Yield 1cup

## INGREDIENTS

- 1/2 cup extra-virgin olive oil
- 1/2 cup lemon juice (about 2 lemons)
- 1 small apple cored and skinned and cubed
- 1/4 cup cleaned fresh mint leaves
- 3 tablespoons honey
- 1 tablespoon Dijon mustard
- 2 chopped cloves garlic
- 1/4 teaspoon fine sea salt
- 10 twists of freshly ground black pepper

## INSTRUCTIONS

1. In a food processor, combine all of the ingredients and blend until smooth. Taste, and add more salt and/or pepper if necessary. Use as desired!
2. This dressing will keep well, covered and refrigerated, for up to 1 week.

## 配料

- 1/2杯特級初榨橄欖油
- 1/2杯檸檬汁（約2個檸檬）
- 1個小蘋果去核去皮並切丁
- 1/4杯清潔的新鮮薄荷葉
- 3湯匙蜂蜜
- 1湯匙第戎芥末醬
- 2瓣丁香蒜
- 1/4茶匙細海鹽
- 10股新鮮磨碎的黑胡椒

## 烹飪方法

- 1.將所有成分混合入攪拌機併混合至均勻放。品嚐，必要時添加更多鹽和/或胡椒粉。根據需要使用！
- 2.此敷料將保持良好狀態，覆蓋並冷藏1週。  
食品