

Traditional French

6 tablespoons extra virgin olive oil

2 tablespoons Dijon mustard

2 tablespoons champagne vinegar

Fresh ground pepper and sea salt to taste

Balsamic Vinaigrette

1 Tablespoon fine chop fresh basil

3 Tablespoons safflower, avocado, or hemp oil

2 Tablespoons olive oil

1 Tablespoon Dijon mustard

2 Tablespoons balsamic vinegar

Sea salt and fresh ground pepper to taste

Traditional Italian Vinaigrette

1/3 cup extra virgin olive oil

1/4 cup red wine vinegar

Sea salt and fresh ground pepper to taste