

Karen's Omega-3 Garlic & Dijon Dressing

Most commercial dressings are loaded with chemicals, and those that are 'fat-free' are even worse! And while olive oil is a nice, versatile oil for dressings, it is void of the ever-important Omega 3's which our bodies are chronically short of.

For a nice change, try Karen's Omega-3 Garlic & Dijon dressing. It'll boost your body's Omega-3's, for a nice, healthy treat.

- 3 ounces flax seed oil or Udo's Oil (found at health food stores)
- 1 ½ - 2 ounces balsamic vinegar
- 1 clove garlic, minced and crushed
- 1 TBSP parmesan cheese (or to taste)
- 1 TBSP Dijon mustard (or to taste)

Shake and stir together and pour over any salad, just prior to serving.

Karen's Lemon-Aid

By Karen McCoy www.mccoyfitness.ca

Many people find it difficult to drink water, so Karen's Lemon-Aid is the perfect answer to that. It's light, refreshing, and tastes great! You'll want to drink it all day long!

While fruit juices are loaded with sugar that cause an insulin spike (increased fat gain, decreased muscle mass, unbalanced hormones (especially those from concentrate) and sodas are loaded with chemicals and artificial sweeteners that add to our toxic overload, acidify our bodies and cause us to hang on to fat, Karen's Lemon-Aid is a nice, healthy alternative.

Karen's Lemon-aid is simple and easy to make. Karen's lemon-aid also helps to detoxify your body, doesn't create an insulin spike, and it alkalizes your system at the same time by drawing excess acids out of the cells.

- 1 Cup Santa Cruz Organic Lemon Juice (not from concentrate)
- 2 litres water
- 5 long squeezes of stevia liquid (natural sweetener)

Stir and chill. You can add more/less lemon and stevia, depending on how tangy you want it!