

Poppy Seed and Honey Salad Dressing

Good on spinach/greens salad that also has some fruit in it (oranges, berries, etc)

- ¼ cup liquid honey
- 3 tablespoons cider vinegar (or other fruit vinegar)
- 2 tablespoons olive oil
- 1 small shallot, minced (or use very small amount of garlic or green onions)
- 2 teaspoons Dijon mustard
- 1 teaspoon poppy seeds
- Salt and pepper, to taste

Whisk all ingredients together in a bowl, or shake in a jar. Taste, and adjust seasonings.

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