

BESTOW TURMERIC DRESSING



MAKES ONE SMALL JAR
2 medjool dates
2 tablespoons water
1 garlic clove
1/2 cm of fresh ginger (optional)
4 tablespoons apple cider vinegar
2 teaspoons dijon mustard
1 teaspoon ground turmeric
1 tablespoon of Bestow Beauty Oil or Beauty Plus Oil (optional)
Salt and pepper

METHOD

Place all ingredients in a bowl and blend with a stick blender until well combined. Alternatively, place all ingredients in a small blender or bullet and process.

Pour into a sealed jar and keep in the fridge for up to 3 days. Use when directed.

NOTES

This is an anti-inflammatory hit with the turmeric and we also just love the bright yellow colour it has!

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