

# Umiboshi Dressing

Umiboshi vinegar has an alkalizing effect on the body; neutralizing fatigue, stimulating digestion, and promoting the elimination of toxins.

Yield: ½ cup

3 Tb Apple Cider Vinegar  
2 Tb Umiboshi Vinegar  
1 Tb Tamari or Coconut Aminos  
4 Tb Flax Oil

Whisk all ingredients together. Serve or store in the refrigerator.