

Coconut Oil Dressing

Ingredients

- melt some [coconut oil](#)
- olive oil
- [coconut vinegar](#), apple cider vinegar or lemon juice
- chopped garlic
- fresh basil
- fresh oregano
- sea salt
- fresh ground pepper

Directions

Blend all ingredients together and serve immediately or coconut oil will solidify.

Additional Ideas

[Coconut milk](#) with coconut vinegar or lemon juice and seasoning is wonderful.

I also make a dill dip with 1 - 250 ml. carton of [coconut cream](#), 1 - 16 oz. tub of cultured sour cream, coconut vinegar, dill and sea salt. It is delicious, and contains no soy, no preservatives, and no junk. Everyone in our family will eat it.

Recipe donated by Annette Fischer at [Wilderness Family Naturals](#)

<http://wildernessfamilynaturals.com>
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