Nutritious foods not only increase your energy and improve your mood, but can also help prevent many health conditions.

Celebrate nutrition

This month, make it a habit to make your own dressing. Homemade dressings don’t have unnecessary additives and artificial flavors.

Lemon Lime Vinaigrette

Ingredients

• Juice of 1 lemon
• Juice of 1 lime
• 1 tablespoon sugar
• ½ teaspoon salt
• 1 ½ times as much extra virgin olive oil as juice (for starters)

Directions

Whisk or shake everything together. Indulge.