

# Rosemary Thyme Lemon Infused Dressing

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme
- 1/2 lemon rind
- 1 part Manitoba Harvest hemp oil
- 1 part extra-virgin olive oil

## Instructions:

1. In a glass salad dressing bottle, place herbs and lemon rind. Add oils and let infuse at least 24 hrs before using. I used 1/2 cup of each oil.