



## Poppy Seed Dressing

### Ingredients:

- 1/3 cup olive oil
- 2 Tablespoons apple cider vinegar
- 1 shallot or small onion, minced
- 1 Tablespoon poppy seeds
- 1 teaspoon Splenda or Stevia
- ¼ teaspoon each salt and pepper

### Directions:

1. In bowl or jar, whisk or shake together oil, vinegar, shallot, poppy seeds, Splenda, salt and pepper.