

# YOGI BHAJAN 5 OIL SALAD DRESSING

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## Yogi Bhajan's Quote on Food

TO BEGIN WITH,  
ALL FOOD WAS  
CONSIDERED AS  
HUMAN MEDICINE.  
FOOD IS THE  
MEDICINE WHICH  
CREATES  
EQUILIBRIUM.

-BEADS OF TRUTH  
WINTER 1992



## WONDERFULLY POWERFUL DRESSING

Yogi Bhajan gave a wonderfully powerful dressing that had as much as you wanted to add of raw onions, garlic, ginger, 5 parts fresh lemon juice, one part olive oil, one part sesame oil, one part mustard oil, one part almond oil, one part linseed oil, black pepper, and a little salt.

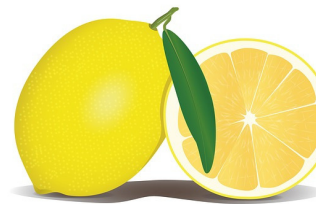
This is a potent and restorative salad dressing and he recommended that you dress the salad with it and let it sit for at least 15-20 minutes before eating the salad. Place all of the ingredients in a blender and blend until well-mixed and even-textured. This dressing is best stored in a glass container and keeps well for about a week.

**Q** The basic properties of a food must be that it should be nutritious, sustaining, and balanced. Balanced food is that food which can be digested without drawing on your health. It should not put a strain on the body

- Beads of Truth Winter 1992

## DID YOU KNOW?

Lemon juice helps to cure problems related to indigestion and constipation.



- ¼ c of each of the 5 oils listed above for a total 1 ¼ cups of oil
- 1 ¼ cup of fresh lemon juice
- 1 bulb of garlic, peeled
- 4 inches of ginger root, peeled and cut into smaller chunks
- 1 onion cut in a large dice
- Salt and pepper to taste