

## Lemon Poppy Seed Dressing

### Ingredients:

6 tablespoons olive oil

1 tablespoon Dijon mustard

1 tablespoon poppy seeds

1 tablespoon honey

Juice of 1 lemon

½ teaspoon salt & pepper

### Method:

- Add all ingredients to a jar with a lid and shake well.
- Pour over washed salad greens and divide into 4 bowls.