**Cucumber & Onion Salad with** **Ningxia Berry Sweet and Sour Dressing**

**Cucumber & Onion Salad Ingredients:**

* 5 thinly sliced cucumbers
* 1 thinly sliced Vidalia Onion
* 1 full serving of Ningxia Berry Sweet and Sour Dressing

**Directions:**

1. Add everything together, cover & refrigerate.
2. You can simply add more cucumbers & onions for up to 7 days

**Ningxia Berry Sweet and Sour Dressing Ingredients:**

* 1 ½ cup avocado oil
* 2 drop Lemon Vitality Essential Oils
* 1 toothpick swirl of Thyme Vitality Essential Oil
* 1 toothpick swirl Lemongrass Vitality
* 4 lemon juiced (1/2 cup)
* 2 limes juiced (1/4 cup)
* ¼ cup Rice Vinegar
* ½ cup Gary's True Grit Ningxia Berry Syrup
* ½ tsp salt
* 1/8 tsp pepper

**Directions:**

1. Mix the top 3 ingredients
2. Shake well
3. Add everything else