

Hole punch to fit in your cookbook!



kidstir

# Honey Poppy Seed Dressing

Give salads a  
sweet and tangy flavor

**hands-on time:** 5 minutes

**tools:**

- measuring spoons & cups
- small mixing bowl
- whisk

**For a sweet and tangy salad dressing, try this. It's easy to mix up and tastes yummy on any kind of salad.**

**step-by-step instructions**

1. In a small mixing bowl, whisk the apple cider vinegar, honey, and poppy seeds.
2. Drizzle in the olive oil as you whisk away!
3. Add a few pinches of salt and a pinch of pepper. Give it a taste test. Add more salt or honey until you like the flavor.

**start-to-eat time:** 5 minutes

**kids kitchen skills:**

- measuring
- whisking
- making a salad dressing

**ingredients**

- 2 tablespoons apple cider vinegar
- 1 1/2 tablespoons honey
- 2 1/2 teaspoons poppy seeds
- 1/3 cup olive oil
- Salt & pepper to taste

**Makes Serves 4**

Cut out to fit in your cookbook!