

# Wholesome Recipes

from the *Amazing Wheat Book*  
by LeArta Moulton

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## **Buttermilk Dressing**

1 quart mayonnaise  
1 quart buttermilk  
1 T black pepper  
1 T garlic salt  
1 T parsley flakes  
2 T dried onion flakes  
1 tsp salt

Mix in blender or electric beater. Refrigerate.

Makes 2 quarts.

## **Basil Buttermilk Dressing**

1/3 C buttermilk  
1/4 C mayonnaise  
1 T chopped fresh basil  
1 tsp Tarragon Vinegar  
1/2 tsp onion powder  
1/4 tsp black pepper

Combine ingredients, mix well, cover and refrigerate.

Yields 1/2 cup.