

Apple Cider Vinaigrette

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Servings: 4

Serving Size: About 1 ½ tablespoons

Ingredients:

4 tablespoons olive oil or flax oil
2 tablespoons raw apple cider vinegar
1/2 tablespoon Dijon mustard
1/2 tablespoon pure maple syrup/honey/agave
½ teaspoon sea salt

Directions:

1. Place all ingredients into a mason jar or a small tupperware, place a lid on the jar or container and secure tightly.
2. Shake dressing vigorously until combined.
3. Serve over your favorite salad greens.

Tips and Tricks:

This is one of my go-to weekly salad dressings. I make a batch or sometimes double batch at the beginning of the week so I've got an easy dressing already made for lunches and salad greens with dinner. Store in airtight container in fridge for 3-4 days.

Nutritional Information Per Serving:

Calories: 127.8
Fat: 14.0 g
Cholesterol: 0.0 mg
Sodium: 320.9 mg
Total Carbohydrate: 1.7 g
Dietary Fiber: 0.0 g
Sugars: 1.5 g
Protein: 0.0 g