

## Balsamic Vinaigrette

Makes 8 Tbsp.



### Ingredients

- 1/3 cup of olive oil
- 2 tbsp balsamic vinegar
- 1 Tbsp of ground mustard
- 1 tsp of honey
- 1/4 tsp of salt
- Black pepper to taste

### Directions

- ☞ Whisk mustard honey and balsamic vinegar together
- ☞ Slowly add the oil
- ☞ Season to taste

*Tip: to get the dressing a different flavor swap the honey with pure maple syrup*

### Nutrients (approximately)

82 Calories per Tbsp,

Fat 8.9g, Saturated Fat 1.2g, Cholesterol 0mg

Sodium 116.2mg, Carbohydrates 1.6g,

Fiber 0.1g, Sugars 1.3g, Protein 0.2g

Share this recipe with a friend!

## Balsamic Vinaigrette

Makes 8 Tbsp.



### Ingredients

- 1/3 cup of olive oil
- 2 tbsp balsamic vinegar
- 1 Tbsp of ground mustard
- 1 tsp of honey
- 1/4 tsp of salt
- Black pepper to taste

### Directions

- ☞ Whisk mustard honey and balsamic vinegar together
- ☞ Slowly add the oil
- ☞ Season to taste

*Tip: to get the dressing a different flavor swap the honey with pure maple syrup*

### Nutrients (approximately)

82 Calories per Tbsp,

Fat 8.9g, Saturated Fat 1.2g, Cholesterol 0mg

Sodium 116.2mg, Carbohydrates 1.6g,

Fiber 0.1g, Sugars 1.3g, Protein 0.2g