TANGY & OIL-FREE *salad dressing*

Dress your salad with this delicious, tangy, lemon and mustard dressing. This salad dressing will add flavour and nutrition to any of your favourite salads.

A small amount of conventional dressing will often contain more calories than the large bowl of salad it is served on. They are generally made with vegetable oil which is not a healthy fat and not something we want to be adding on our healthy meals.

Try this recipe for a healthy alternative!

INGREDIENTS

- 60ml water
- 60ml lemon juice
- 60ml apple juice
- 1 tablespoon Dijon mustard
- 1 teaspoon maple syrup
- 1 garlic clove
- Zest of 1 lemon
- ¼ teaspoon salt
- Dash of black pepper

INSTRUCTIONS

1. Add all the ingredients into a blender and blend on high speed for 30 seconds.

2. Store in a glass container for later usage.

3. Enjoy!

MAKES
200ML

PREP TIME
4 MIN

BLEND TIME
30 SEC

TOTAL TIME
13 MIN

NUTRITIONAL INFORMATION

MAKES 200ML

CONTAINS:

78 KCAL
1G PROTEIN
1G FAT
17G CARBS

Health Concepts
GO WITH YOUR GUT

WWW.HEALTHCONCEPTS.IE
+353 87 709 1869
SIOBHAN@HEALTHCONCEPTS.IE