

Recipe for

Balsamic Dijon Dressing



SERVES 1

PREP TIME/TOTAL TIME
Approx 5 min

NUTRITION INFORMATION

Total Calories 20

Fat 0

Protein 0

Carbohydrates 4

Fiber 0

INGREDIENTS

1/4 cup balsamic vinegar

1 - 2 tbsp dijon mustard

1 tsp rosemary

1 garlic clove minced or 1 tsp garlic powder

DIRECTIONS

Add ingredients to jar and shake until blended.

Alter amounts to taste and to consistency preference (more dijon mustard for thicker consistency)

*May swap dijon for other mustard to achieve a different flavor based on taste.

