

Angie Bloom

Angie's Favorite Maple Dijon Balsamic Dressing

- ½ cup extra virgin olive oil
- ¼ balsamic vinegar (or you can also use Apple Cider Vinegar to change it up)
- 3 tbsp Dijon mustard
- 2 tbsp maple syrup

Directions:

1. Whisk olive oil, balsamic, Dijon mustard and maple syrup in a small bowl or salad dressing jar to shake and enjoy!

Servings 6 – 2T each

Nutrition: Calories 178, Protein 0g, Carbs 3.6g, Fiber 4g, Sugar 3.1g, Fat 18.9g

Angie Bloom | CHHC | CLC | CPT

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