

BASIC VINAIGRETTE



1/2 cup OIL
(olive,
avocado,
sesame,
sunflower,
etc.)



3-4 Tbsp
VINEGAR
(apple cider, red
wine, white
wine, rice,
balsamic, etc.)



1-2 tsp
SWEETENER
(maple syrup,
honey, sugar,
agave, etc.)



1/2 tsp
SALT



1/4 tsp
PEPPER



Optional Ingredients:



1-2 Tbsp
chopped fresh
HERBS
(basil, dill, oregano,
parsley, cilantro,
thyme, etc.)

1 tsp dijon
MUSTARD



1 clove
minced
fresh GARLIC

1 tsp
fresh grated
GINGER



2 Tbsp
grated
CHEESE

1) Place all ingredients in a mason jar or glass jar with a lid.

2) Mix well with a whisk or secure lid on jar and shake.

3) Serve over salad greens or use as a marinade. Store in refrigerator.