

HONEY DIJON DRESSING★★★★★

COURSE: SALAD CUISINE: AMERICAN

KEYWORD: HONEY, PALEO, SALAD DRESSING

PREP TIME: 5 MINUTES TOTAL TIME: 5 MINUTES

SERVINGS: 1 CUP CALORIES: 433KCAL

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This dressing is one of my absolute favorites and is perfect for any salad!

INGREDIENTS

- 1/4 cup Dijon mustard
- 2 Tablespoons apple cider vinegar
- 2 Tablespoons extra-virgin olive oil
- 1 clove garlic
- 1 tablespoon minced ginger (about 1-inch, peeled)
- 2 Tablespoons honey*
- 1/4 teaspoon fine sea salt
- 1/4 cup water , or more for thinning

INSTRUCTIONS

1. In a high-speed blender, combine all of the ingredients and blend until smooth and creamy. Adjust the flavors to taste, and add more water if a thinner dressing is desired.
2. Serve immediately, and store leftovers in the fridge for up to a week. (Dressing will thicken a bit when chilled.)

NOTES

*Note: I've made this dressing with both honey and dates now, and both versions have been delicious. If you prefer using dates as a sweetener, for an extra-boost of fiber, use 2-3 dates plus an additional 1/4 cup of water. For those of you who need to avoid all sugars, use liquid stevia to your taste.

NUTRITION

Calories: 433kcal | Carbohydrates: 40g | Protein: 3g | Fat: 30g | Saturated Fat: 4g | Sodium: 1296mg | Potassium: 85mg | Fiber: 2g | Sugar: 35g | Vitamin C: 1.9mg | Calcium: 36mg | Iron: 0.9mg

<https://detoxinista.com/honey-dijon-dressing/>