

Balsamic Vinaigrette

Ingredients:

- ½ cup balsamic vinegar
- 4 tsp. Dijon mustard
- 2 Tbsp. Bragg's Liquid Aminos
- 3 Tbsp. ground flax meal
- 2/3 cup water
- 2 Tbsp. shallots, chopped



Servings: 12

Instructions:

1. Combine all ingredients in a blender. Blend at high speed for 10 to 15 seconds, until mixture is emulsified and looks creamy.
2. Let the vinaigrette sit at room temperature for at least 15 minutes, so that it will thicken to desired consistency.
3. Store in a covered container, refrigerated, for up to a week. Makes about 1 ½ cups, 12 servings. Serving size: 2 tablespoons.

Nutrition Facts

12 servings per container	
Serving size	2 tbsp (31g)
Amount per serving	
Calories	15
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 6mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.