

# Raspberry Honey Vinaigrette

**Serving size: 1 fl oz**

**Makes 21 servings**

- 1 TBSP Shallots, minced
- 1 TBSP Dijon Mustard
- 1 TBSP Parsley, chopped
- 2 TBSP, 2 tsp Honey
- 1 cup Raspberries
- 1 ½ tsp Salt
- ½ tsp Garlic Cloves, chopped
- ¼ tsp Black Pepper
- 1 cup White Balsamic Vinegar
- 1 cup Olive Oil

## Preparation:

1. In a blender, combine shallots, Dijon, parsley, honey, raspberries, salt, garlic, pepper and white balsamic. Blend until smooth.
2. Gradually add the olive oil while blending and mix until the dressing is emulsified.

RD Note:

- For a lower sodium version of this recipe remove salt from the first step.



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## NUTRITION FACTS PER SERVING

calories	110
total fat (g)	10
saturated fat (g)	1.5
trans fat (g)	0
sodium (mg)	150
total carbohydrate (g)	3
dietary fiber (g)	0
sugar (g)	3
protein (g)	0