

# Balsamic Vinaigrette

## Ingredients:

- ¼ cup both olive oil and flax oil
- ¼ cup balsamic vinegar
- 1 teaspoon Dijon mustard
- pinch of salt
- pinch of sugar
- optional, 1 garlic clove minced

1. Blend all ingredients together in a bottle or jar.

# Basic Vinaigrette Dressing

- 1 tsp Dijon mustard
- 2 tbsp vinegar (apple cider, red wine, etc) or lemon juice
- ½ cup olive oil (or ¼ olive; ¼ cup flax seed oil)
- ½ tsp sea salt and pepper to taste
- Optional – spices like oregano, basil, rosemary
- Optional – 1-3 tbsp orange juice with 1 tsp orange rind (then use half amount of vinegar)



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