

EVERYDAY LEMON VINAIGRETTE

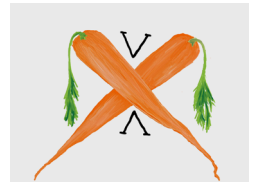


#VEGAN #GLUTENFREE #SOYFREE

MAKES: ~8 SERVINGS

TOTAL TIME: 10 MINUTES

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

1 garlic clove, minced
2 TBSP fresh lemon juice
2 TBSP pure maple syrup
1/4 cup red wine vinegar
1/2 tsp sea salt
1/2 tsp fresh ground pepper
1 TBSP dijon mustard
1/4 cup extra virgin olive oil

METHOD

Add all ingredients except EVOO to a small bowl. Whisk together. Slowly add in EVOO to emulsify.

Serve over your favorite veggie greens. This light dressing is great over romaine, mixed salad greens, or spinach. Top with any veggies, roasted nuts, or vegan parmesan*!

This dressing will keep in the fridge for 7-10 days. Make sure to shake well before pouring!

NOTES:

Easy vegan parmesan recipe: 1 cup walnuts, 1 garlic clove, 1-2 TBSP nutritional yeast, 1/2 tsp sea salt. Blend together in a small food processor until a course texture, similar to parmesan, is achieved! Use to top salads, pastas, pizza, etc.

NUTRITION:

Serving Size: 1/8 recipe (approximately 1.5 TBSPs) Total Calories: 81

Total Fat: 7 g Saturated Fat: 1 g Sodium: 150 mg Potassium: 6 mg

Total Carbohydrate: 4 g Fiber: 0 g Sugar: 3 g Protein: 0 g

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