



Sweet Dijon Dressing

Ingredients:

- 1 tsp Dijon mustard
- ½ tsp Splenda or Stevia
- 1 tbsp lemon juice
- 2 tbsp rice vinegar (must be 0 sugar)
- 1 tsp dried mint
- 1 tsp dried thyme
- 3 tbsp olive oil
- salt and white pepper to taste

Directions:

1. In a blender, blend all ingredients except oil.
2. While blender is running, add oil in a thin stream until emulsified.
3. Serve dressing immediately.

Servings: makes 4 servings.

Each serving = daily healthy fat.

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