



## BALSAMIC MARINADE FOR STEAK OR CHICKEN

By Dr. Cindy Tanzar  
(Standard)

It's grilling season and this super easy marinade recipe is a perfect way to provide flavor and tenderness to your steak or chicken. Balsamic vinegar adds a soft, sweet flavor without adding additional sugars and helps to break down some of the protein fibers, making the meat more tender.

One serving equals 2 tbsp and covers your fat.



### INGREDIENTS

- 1/4 cup avocado oil
- 1/4 cup Coconut Aminos (or gluten-free Tamari soy sauce)
- 2 Tbsp Organic Balsamic vinegar (Pompeian is fine)
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1 tsp Pink Himalayan salt
- 1/2 tsp black pepper

### INSTRUCTIONS

Mix all the ingredients together in a bowl. Store in a jar in fridge until ready to use.