



BLUEBERRY BALSAMIC VINAIGRETTE

By Dr. Cindy Tanzar

(Standard, Vegan/Vegetarian & Maintenance Plans)

This vinaigrette is a quick and simple recipe that adds a very flavorful twist to any salad. The flavor seems to intensify after it sits a few hours. You could even use this dressing as a sauce on salmon or chicken to elevate an everyday dish.

This recipe holds about eight servings, so the blueberries will add minimal to your fruit portion. Just reduce your fruit serving by 1/8-1/4 cup. One serving of this recipe is 3-1/2 tablespoons and covers your fat for one meal.



INGREDIENTS

- 1 cup fresh (or frozen/thawed) blueberries
- 1/4 cup Balsamic vinaigrette
- 1 Tbsp fresh lemon juice
- Pinch of Pink Himalayan salt & pepper, to taste
- 2 Tbsp Swerve Confectioner or 1 Tbsp Swerve + liquid stevia drops, if desired, to taste
- 1/2 cup extra virgin olive oil



INSTRUCTIONS

Add all the ingredients into a high-speed blender, and mix until it is well-blended and creamy.

This vinaigrette is fairly acidic, so it should last for about one week in your fridge with the blueberries.

Pure olive oil will tend to solidify in the refrigerator, making your dressing very thick. You may need to warm it slightly in a bowl of warm water to “melt” it. If it is still thick or chunky, you can blend it again with a blender or immersion blender and add a bit more olive oil until your desired consistency.