



## RASPBERRY VINAIGRETTE

By Dr. Cindy Tanzar  
(Standard)

Salad dressing is one of those items that can be troublesome when trying to eat a healthy, anti-inflammatory lifestyle... but it doesn't have to be. Vinaigrette's are so easy and add a lot of variety. With frozen berries year-round, you don't have to just limit yourself to fresh summer berries with this sweet and savory recipe. While a vinaigrette made with frozen, thawed berries is best in a blender, you can also just mash fresh berries for a chunkier texture. Raspberry flavor is great in a salad, but think outside the box and serve it over roasted or grilled vegetables (asparagus, green beans, butternut squash, etc.), grilled salmon or chicken. Brighten up a bowl of fresh-diced summer vegetables, as well.

This recipe serves 8. One serving of 3 Tbsp. covers your fat (and only 1/8 a cup of fruit) for one meal.



### INGREDIENTS

2/3 cup fresh or frozen raspberries  
1/3 cup Bragg's apple cider vinegar  
1/2 cup extra virgin olive or avocado oil



1 Tbsp Swerve Confectioners sweetener  
1 heaping tsp minced onion or shallot  
2 tsps. fresh lemon juice  
1/2 tsp. Dijon mustard  
Pink Himalayan salt & pepper, to taste

## **INSTRUCTIONS**

Add all the ingredients except the oil either into a food processor or bullet/blender. You can either add the olive oil in a slow stream as the food processor blends in order to mix, or place the oil into your bullet/blender and blend or shake well.

For a chunkier recipe, mash the berries with a fork, and then to a jar along with all the other ingredients and shake well.

Store any leftovers in the refrigerator for up to one week. Enjoy!