



COOKING FOR WELLNESS

Cranberry "Champagne" Vinaigrette

Ingredients:

- 1/4 cup fresh cranberries
- 1 tablespoon champagne vinegar
- 1/4 teaspoon minced garlic
- 1/4 teaspoon dijon mustard
- 3 teaspoons of olive oil
- 1/8 teaspoon lemon juice
- 1/4 cup of water

Directions:

- 1. In a small saucepan, simmer all saucepans over medium heat until cranberries begin to pop.
- 2. Use a blender to blend until smooth.
- 3. Taste and adjust seasonings.
- 4. Refrigerate until ready to use.

Nutrition:

A two-tablespoon portion will provide 80 cal 4 g of fat 8 g of carb 6 g of sugar



