

# Apple Vinaigrette

## Ingredients

- 1/3 cup apples
- 1 tbsp apple cider vinegar
- 1/3 cup apple juice
- 1-1/2 tsp honey
- 2 tsp onions, chopped
- 3/4 tsp yellow mustard
- 1 tsp kosher salt
- 2 tbsp vegetable oil



## Directions

1. Cut apples into quarters and core them.
2. Place apples in blender.
3. Add vinegar, apple juice, honey, onions, mustard, and salt to the apples and blend until smooth.
4. Stream in oil until mixture is emulsified and smooth.

\*Can substitute the apples with peaches for flavor variations.

## Notes

**Number of Portions:** 4

**Serving Size:** 1/3 cup

**Nutrition Facts:** 73 calories, 6.56 g fat, 0.96 g saturated fat, 20 mg sodium, 3.92 g carbohydrate, 0.25 g fiber, 3.5 g sugar, 0.06 g protein