

Fruit Based Vinaigrette

By: Tracy Goodbrand

By using different fruits, you can change up the flavor, depending on your mood, the salad you are serving, or what fruit is fresh and available.

Equal parts of:

- olive oil (can use any oil you prefer)
- red wine vinegar (or feel free to use a regular white vinegar if that is all you have on hand)
- maple syrup or honey
- fruit (fresh by frozen works well). For example, strawberries, blueberries and raspberries.

You choose the amount, depending on how much salad dressing you will require. For the 2 of people, use 50 ml of each ingredient.

Blend all the ingredients together. Using an immersion blender that makes quick work of the job.

Store remainder in a seal container in the fridge. Will keep up to a week in the fridge.