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Wellness Ideas for Everyday Living.

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Balsamic Vinaigrette

Ingredients:

1 tablespoon olive oil
1 tablespoon flax oil
1 tablespoon balsamic vinegar
1 teaspoon maple syrup
1 teaspoon Dijon mustard
1/2 teaspoon salt
1/2 teaspoon pepper

Directions:

Place all ingredients in a mason jar. Shake and serve.

Optional: Add 1 teaspoon of finely chopped garlic.