



FORK IN THE ROAD
good health. good life.

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MAPLE-DIJON VINAIGRETTE

Yield: 2/3 cup

Equipment

Blender

INGREDIENTS

1/3 cup	extra-virgin olive oil
2 tablespoons	pure maple syrup
2 tablespoons	Dijon mustard
2 tablespoons	apple cider vinegar
1 tablespoon	chopped onions
1/2 teaspoon	crushed garlic

Combine all the ingredients in a blender, and process until creamy.

– From *The Saucy Vegetarian*, by Joanne Stepaniak