

# Fat-Free Fresh Raspberry Vinaigrette

## Ingredients:

- 1 cup raspberries (fresh or frozen)
- 1/4 cup apple cider vinegar
- 1/4 cup white wine vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper

## Directions:

1. By blender: Add everything except the oil to the blender and mix until combined. With the blender running, add the oil in a thin stream through the hole in the blender lid. Blend until well mixed.
2. By hand: In a bowl, whisk together everything except the oil. Continue whisking while adding the oil in a thin stream. Keep whisking until well combined.

Nutrition Facts	
Serving Size 2 tablespoons (14g)	
Servings Per Container 20	
Amount Per Serving	
<b>Calories</b> 10	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 0g	
Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

**Benteh Nuutah**  
**Valley Native Primary Care Center**  
**Wellness Center**  
(907) 631-7630  
southcentralfoundation.com

Source: [halfhersize.com](http://halfhersize.com)

