



Catherine Isabelle DeVos, CNP, NNCP
Certified Nutritional Practitioner, Cancer Survivor, Lecturer

Blender Raspberry Vinaigrette (Vegan)

3 1/2 tbsp. raspberry flavoured red wine vinegar
1 chopped garlic clove
1 tsp. dry mustard powder
1-2 Tbsp. raspberry fruit spread or jam - preferably organic
1/2 cup minus 2 tbsp. extra virgin olive oil
1 tbsp MCT oil
1 tbsp. flax oil
1-3 tbsp filtered water
large pinch of Himalayan salt

Blend together in a high powered blender. Keeps in the fridge for a few days.
Serve with a red lettuce salad with dried cranberry and raw walnuts. Enjoy!

Note: This salad dressing contains omega 9 & omega 3 fatty acids, and medium chain triglycerides