



Dijon Dressing

INGREDIENTS

1/4 cup Dijon mustard
1/2 cup rice vinegar
1 1/2 tsp liquid sweetener
1 1/2 tbsp shallot
1 clove garlic
1 tbsp tarragon
1/4 tsp black pepper, freshly ground
Splash orange juice or water (optional)

METHOD

1 First, mince the shallot, garlic, and tarragon.

2 Add the Dijon mustard, rice vinegar, liquid sweetener, shallot, garlic, tarragon, and freshly ground black pepper to a blender. Blend until smooth. Add a splash of orange juice or water if needed to thin the dressing.

Use as a dressing for salads or drizzle over cooked asparagus or potatoes.