



## Wild Blueberry Vinaigrette



Delicious, perfect, and simple vinaigrette dressing with balsamic vinegar and fresh blueberries perfect for summer!

### Ingredients

- 1 ½ cups blueberries, wild
- 1 tbl mustard
- 2 tbl Honey
- 1 tbl lemon juice
- ¼ cup balsamic vinegar
- ½ cup Olive oil

### Instructions (yields 1 cup )

1. Combine vinegar, lemon juice, mustard, honey and blueberries in a blender,
2. Blend until smooth
3. Slowly stream in olive oil
4. Adjust seasoning, keep chilled for service

### Nutrition Facts 2 oz

189 Calories, 7g Total Fat (2g Saturated Fat),  
16mg Sodium, 0g Protein  
6g Carbohydrate (0g Fiber, 5g Total Sugars),

### Micronutrients

Blueberries: Vitamin C, Vitamin K, and Manganese  
Honey: B vitamins, Calcium, Copper, Iron, Zinc,



