

Raspberry Orange Vinaigrette

This bright and fruity vinaigrette is perfect for spring with its vibrant pink hue. Raspberries provide a rich source of the antioxidants vitamin C, quercetin, and ellagic acid which can protect your cells from damage.

Prep time: 10 minutes

Serves: 6-8

Ingredients

Raspberry Vinaigrette –

- 1 cup fresh or frozen raspberries
- 1/3 cup plus 1 tablespoon extra-virgin olive oil
- Juice of 1 large orange (~1/4 cup)
- 1/4 cup red wine vinegar
- 1 tablespoon pure maple syrup or honey
- 1-2 tablespoons shallot
- 1 teaspoons Dijon mustard
- 1/4 teaspoon salt
- Pepper to taste

Instructions

1. Add all dressing ingredients to a blender and puree. Taste and adjust seasonings.
2. Store extra dressing in the refrigerator for up to a week.