

Vinaigrette Salad Dressing

January 21st, 2026

Prep Time: 00:15

Cook Time: 00:00

This healthy salad dressing tastes great, is easy to make, and only takes a few minutes to prepare. You can use this recipe as the base for other, more complex, vinaigrette dressing flavors.

Ingredients:

1/3 Cup Olive Oil

1/4 Cup White Balsamic Vinegar

2 Teaspoons Dijon Mustard

2 Teaspoons pure real Maple Syrup or Honey

1 small Garlic clove, minced (optional)

Salt to taste

Fresh Cracked Pepper to taste or a sprinkle of White Pepper (optional)

Directions:

Put all ingredients in a small bowl.

Mix with an immersion blender until well combined and creamy.

Refrigerate in a small mason jar up to 10 days.