

## Mustard Vinaigrette



### DIRECTIONS

1. Mix/Whisk together until all sugar dissolves:
  - a. 3 Tbsp vinegar (we use Coconut Vinegar)
  - b. 1.5 Tbsp Organic Cane Sugar (or any substitute you'd like)
2. Add to the above & use an immersion blender until creamy:
  - a. 1 Tbsp Delicatessen-style mustard (we prefer Ba-Tampte)
  - b. ½ C olive oil (we prefer Cesira Olio D'Oliva)
  - c. 2 cloves garlic, minced
  - d. 1 medium shallot, finely chopped
  - e. Salt & pepper to taste

\*\*If you do not have an immersion blender, mix vinegar & sugar, then add mustard & oil. Whisk vigorously until well combined, then add garlic, shallot, salt, and pepper.



Co-authors of [Food As A Prescription: A Handbook for Those Currently On or Prescribed a Gluten-free, Soy-free, Corn-free, and/or Dairy-free Diet](#) and founders of **LOCA Foods Gluten Free**, Anthony & Staci Lo Cascio, hope you love & use this recipe.

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