

SUMMER SALAD DRESSING



READY IN **3 MIN** **3** SERVINGS

With just three ingredients, you can make a quick, refreshing, and healthy salad dressing. Since there are no added oils, it's a great choice if you're aiming to support weight loss.

DIRECTIONS

1. Place maple syrup, balsamic vinegar, and Greek yogurt in a small bowl.
2. Blend with a emulsion blender for best results.
3. Use immediately or store in the refrigerator for up to 5 days.

NOTES

This recipe is great for making a double batch, so you'll have it ready to share or enjoy fresh at each meal. If you're avoiding saturated fat, use nonfat or plant-based Greek yogurt.

INGREDIENTS

- 1 tablespoon maple syrup
- 3 tablespoons balsamic vinegar
- ½ cup Greek yogurt

