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# 3 VINAIGRETTE VARIATIONS

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Do you want to create your own (DIY) salad dressing but are lacking inspiration?

Now you have three easy vinaigrette recipes to try that will add diversity to your "salad lunches" and provide you with a healthy alternative to store bought dressings.



## CREAMY BALSAMIC GREEK YOGURT VINAIGRETTE

### INGREDIENTS

1/4 cup of Balsamic Vinegar  
1 tablespoon of Dijon Mustard  
1 tablespoon of Honey  
1 teaspoon of Salt & Pepper  
2 tablespoon of Olive Oil  
1/2 Cup of plain unsweetened Greek Yogurt  
(Substitutions for dairy include: Almond yogurt and coconut yogurt)

### DIRECTIONS

Combine ingredients into a bowl or jar

Shake or whisk ingredients until combined and smooth.

Adjust seasons to personal preference

Enjoy and serve!

RECIPE: [CUPCAKEANDKALECHIPS.COM](http://CUPCAKEANDKALECHIPS.COM)

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## ITALIAN VINAIGRETTE

### INGREDIENTS

3 Tbs. of olive oil  
2 Tbs. of red wine vinegar  
1 Tsp. of Salt  
1/2 Tsp. of minced garlic  
1/2 Tsp. of Italian seasoning  
Freshly ground pepper to taste  
Optional: 1 pinch of crushed red  
pepper flake

## HONEY MUSTARD

### INGREDIENTS

Use Italian Vinaigrette Recipe  
  
Add 1 Tsp. of Dijon Mustard  
  
1-3 Tsp. of Honey or other  
sweetener of choice, to taste.

### DIRECTIONS

Combine the ingredients listed above within a tightly-lidded container

Close container and shake until proper consistency reached

Let mixture sit for 10 minutes to blend flavors and then lightly dress salad with vinaigrette