

No Fat Cranberry Vinaigrette



Elevate your salads with this vibrant Fat-Free Cranberry Vinaigrette. Bursting with tangy cranberries, zesty garlic (or shallots), and a touch of sweetness from honey, this dressing offers a delightful balance of flavors. Quick to prepare and free from added fats, it's a wholesome alternative to store-bought dressings. Let's explore how to create this flavorful dressing that will elevate any salad.

Preparation 5 min
Cooking 0 min
Servings 2
Nutrition Facts (per serving)
Calories 65
Fat 0
Carbohydrates 16
Fibre 1
Protein 0
Sodium 60

Ingredients

- 60 ml (¼ cup) dried cranberries
- The juice of ½ lemon (or 30 ml (2 tbsp))
- 2 cloves garlic or ½ shallot
- 5 ml (1 tsp) Dijon mustard

- 5 ml (1 tsp) sherry vinegar (or apple cider vinegar)
- Pepper, to taste
- Water, to preference (about ¼ - ½ cup)

Preparation

1. In a blender, mix all the ingredients together.
2. Adjust consistency with water as desired.

Notes

Can be refrigerated for 3-4 days or frozen for up to 3 months.



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