



**APPLE CIDER VINEGAR DRESSING**

**Ingredients**  
 ¼ cup apple cider vinegar  
 ½ cup olive oil  
 2 tsp Dijon mustard  
 1 tbsp garlic, minced  
 1 tsp sea salt (add more if needed; you can get sea salt from K-Mart)  
 ½ tsp freshly ground black pepper (add

more if needed)  
**Method**  
 Add all ingredients into a blender and blend until combined or add to a mason jar and shake to combine.

**Nutrition per serving**  
 163 calories, 18g fat, 1g carbs, 0g sugar, 0g fibre, 0g protein

**HONEY MUSTARD DRESSING**

**Ingredients**  
 1 lemon, juiced, 1 tbsp apple cider vinegar  
 2 tbsp honey (or maple syrup for a vegan version)  
 2 tbsp Dijon mustard, ½ tsp mince garlic  
 ¼ tsp sea salt  
 Ground pepper, to taste, ¼ cup olive oil

**Method**  
 Add all ingredients into a blender and blend until combined or add to a mason jar and shake to combine.

**Nutrition per serving**

106 calories, 9g fat, 7g carbs, 6g sugar, 0g fibre, 0g protein  
**PEANUT DRESSING**  
**Ingredients**  
 ¼ cup peanut butter  
 1 clove garlic, chopped  
 2 tsp fresh



ginger, chopped  
 2 tbsp rice vinegar  
 2 tbsp low



sodium tamari or soy sauce  
 2 tbsp maple syrup  
 A pinch of cayenne pepper (optional)

Water, to thin  
**Method**  
 Add all ingredients into a blender and blend until combined. Add water to thin.

**Nutrition per serving**  
 107 calories, 7g fat, 13g carbs, 7g sugar, 0g fibre, 3g protein

**ARUGULA SALAD**

**Ingredients**  
 4 cups arugula  
 ½ cup pear, thinly sliced  
 ½ cup papaya, cut into chunks  
 ¼ cup sunflower seeds, lightly toasted (if not already)  
 Lime-mustard vinaigrette  
 2 tsp lime juice  
 2 tsp whole grain mustard  
 2 tbsp olive oil  
 Salt and pepper to taste

**Method**  
 Whisk the vinaigrette ingredients together. Toss the arugula, pear, papaya and sunflower seeds and toss with dressing.

**Photo: Collected**

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