

MAPLE MUSTARD DRESSING



SERVING SIZE



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ideal Protein Maple Syrup	2 Tbsp	Olive Oil	4 Tbsp
Dijon Mustard	4 Tbsp	Sea Salt	To Taste
Apple Cider Vinegar	4 Tbsp	Fresh Cracked Black Pepper (Optional)	



PREPARATION

- ✔ In a medium bowl or mason jar, combine maple syrup, Dijon mustard, and apple cider vinegar.
- ✔ Slowly whisk in the olive oil until the mixture is emulsified and smooth.
- ✔ Stir in sea salt and freshly cracked pepper to taste.
- ✔ Taste and adjust seasoning if needed.
- ✔ Store in a sealed container in the refrigerator for up to 1 week.