



5 Minute Raspberry Honey Mustard Dressing

EASY • 15 MINS

A vibrant dressing or sauce that will brighten any meal! Serve drizzled over a salad of rocket, pear and walnuts with crumbled feta cheese. Also delicious served with BBQ meats including chicken, or steak.



SKILL LEVEL
Easy

PREP TIME
15 mins

SERVINGS
4-6 as a dressing or sauce

Ingredients

- 150g Raspberries, fresh or frozen

Method

1. Combine all ingredients in a smoothie blender and pulse until smooth.

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- 2 tsp [Capilano Honey](#)
- 2 tsp Dijon mustard
- 2 tsp red wine or apple cider vinegar
- ¼ cup extra virgin olive oil

Used in this recipe

Method

2. Alternatively, In a medium bowl mash raspberries with a fork until smooth. Add honey and mustard and mix until a smooth paste forms. Whisk in vinegar and olive oil until a smooth dressing forms.

3. Store in a jar or airtight container for up to 3 days. Suitable for freezing in an airtight container or jars for up to 3 months.

4. Sauce consistency: Reduce vinegar to 1 tsp and reduce olive oil to 1-2 tablespoons until desired consistency is achieved.

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