



# 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

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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- 150g Raspberries, fresh or frozen
- 2 tsp [Capilano Organic Raw Honey](#)
- 2 tsp Dijon mustard
- 2 tsp red wine or apple cider vinegar
- ¼ cup extra virgin olive oil

Used in this recipe



### Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste  
Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic  
This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch  
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

## Method

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