

Balsamic Citrus Dressing | Preparation: 15 minutes Yield: 2 cups



Preparation:

1. Place all ingredients, except olive oil, into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn on machine and slowly increase speed to Variable 10, then to High.
4. Blend for 45 seconds or until smooth.
5. Reduce speed to Variable 4 and remove lid plug.
6. Pour oil in a thin stream through the lid plug opening until thoroughly emulsified.
7. Decant into bottles or containers ready for use.

Ingredients:

- ¼ cup (150 grams) organic balsamic vinegar
- 3 medium oranges (450 grams), peeled, halved
- 3 green salad onions (55 grams), white part only
- 2 small garlic cloves (8 grams), peeled
- 25 grams clear honey or 2 Tablespoons sugar or other sweetener of choice
- 23 grams (2 Tablespoons) lime juice or 1 whole lime, peeled
- ½ teaspoon white pepper
- 1 teaspoon (2 grams) sea salt
- ½ cup (140 grams) olive oil or grapeseed oil