

Note: When using a marinade that uses part of a fruit or vegetable in it, make sure to eat the remainder of the fruit or vegetable serving as part of that meal to ensure that you get a complete serving.

Strawberry Vinaigrette

enjoy with arugula salad or spinach

Makes 1 serving (1 fruit)
0 protein
0 fat
10 calories

Ingredients

- 2 Strawberries
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- Dash of sea salt
- Dash of cayenne (optional)
- Fresh black pepper, ground to taste
- Stevia to taste

Directions

1. Combine all ingredients in food processor.
2. Puree until smooth.
3. Pour over fresh arugula or green salad.
4. Garnish with sliced strawberries and freshly ground black pepper



Variations: use as a marinade or sauce for chicken.



call
email
website

(416) 477 - 1345
info@HCGDIETCANADA.com
www.HCGDIETCANADA.com