

# AVOCADO OIL & MUSTARD DRESSING

**Time: 5 minutes**

**Serves: 6**

## **Ingredients:**

100g avocado oil  
20g prepared Dijon mustard  
5g red wine vinegar  
2g kosher salt  
Few grinds fresh ground black pepper

## **Preparation:**

Place all ingredients in a small mason jar and shake or use a blender for a smoother consistency.

## **Nutritional Information Per Serving:**

Calories: 150  
Fat: 17g  
Carbs: 0g  
Fibre: 0g  
Protein: 0g