



Poppy Seed Pomegranate Vinaigrette Easy, Healthy, No-Added-Sugar Salad Dressing

This poppy seed pomegranate vinaigrette is a perfect balance of sweet, savory, and tangy flavors. Made with pomegranate juice, tangy apple cider vinegar, rich olive oil, date syrup, Dijon mustard, garlic, shallot, poppy seeds, and dried herbs, it's a delicious way to elevate your greens. Perfect for special occasions or everyday meals!

It whips up beautifully in the blender.

See how simple this recipe comes together on my YouTube channel.

Ingredients

3 TB ACV (Apple Cider Vinegar)
2 TB Pomegranate juice (not from concentrate & with no added sugar)
1/2 Cup (EVOO) (Extra Virgin Olive Oil)
3 TB date syrup (I like Just Date or Date Lady brands)
3 TB Dijon Mustard
1 small shallot, roughly chopped
1 clove garlic, peeled
1 tsp dried oregano
2 TB poppy seeds
Pinch sea salt & pepper to taste

Choose organic ingredients whenever possible

Instructions

Put all the ingredients in the blender and blend for about 2 minutes. Serve over your favorite greens.

Bon Appetit!