## Oil Free Italian Dressing

## MAKES 2/3 CUPS

## INGREDIENTS

1/4 cup red wine vinegar
1/2 teaspoon Dijon mustard
1/4 teaspoon powdered sweetener
2 teaspoons water
Salt and freshly cracked black pepper

## METHOD

1. Add all ingredients to a screw-top jar and shake to combine.


## Tony Ferguson

health made easy

