

Pumpkin-Vinaigrette

A Mason Jar Meal Prep Recipe

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N.E.W. Motivation Coaching

Nutrition. Exercise. Wellness.

Makes 1 serving.

This is bold and tangy pumpkin vinaigrette is thick enough to stand up to anything you dress with it! While we like it on a big fresh salad, it will also work as a flavorful twist for a chicken marinade or as a sauce brushed on roasted winter vegetables.

Ingredients & Supplies

1	Mason Jar, 1/2-cup size
1 Tbsp	Avocado Oil
1/2 Tbsp	Apple Cider Vinegar
1 Tbsp	Pumpkin Puree, unsweetened
1/2 Tbsp	Water
1/4 tsp	Dijon Mustard
1/4 tsp	Minced Garlic
1/8 tsp	Pumpkin Pie Spice
Pinch	Salt

Directions

1. Add all ingredients to mason jar
2. Close jar and shake vigorously to combine
3. Close jar tightly and store refrigerated for 3-5 days
4. To serve, shake jar and serve

Note:

If the vinaigrette is too thick for your liking, simply add water - 1/2 Tablespoon at a time - and shake jar to combine ingredients until the vinaigrette reaches the consistency you desire.

Nutrition per serving: 135 calories, 14 g fat (2 g saturated fat, 0 trans fat), 0 mg cholesterol, 16 mg sodium, 43 mg potassium, 2 g carbohydrates, 0.5 g fiber, 1 g sugar, 0 g protein. Also: 48% Daily Value of Vitamin A.