

## JOURNEY TO HEALTHY EATING

### **Easy No Oil Salad Dressing** makes 1/3 cup

From *Prevent and Reverse Heart Disease* by Dr. Caldwell B. Esselstyn, Jr., M.D

#### ***Ingredients***

3 tablespoons balsamic vinegar

2 tablespoons Dijon mustard

1 tablespoon maple syrup

#### ***Instructions***

Mix all ingredients in a small bowl and whisk until smooth.