



PEPPERY STRAWBERRY VINAIGRETTE

Advanced Lifestyle

Ingredients

1 cup fresh strawberries, cut up or frozen strawberries, no sugar added, thawed
2 TBS red wine vinegar
1/8 TSP cracked black pepper

Instructions

In a blender or food processor, combine strawberries, vinegar and pepper. Cover and blend or process until smooth.

Portion-Per-Serving Information: (Yields 4 servings):

Serving = 4 TBS (1/4 cup) = 13 calories

Consider this "free." Any more than 4 TBS = 1/2 FR.