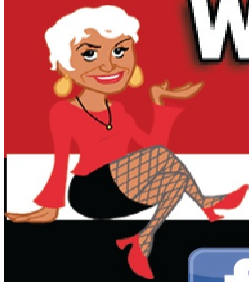


WEIGHT ★ NO ★ MORESM DIET CENTER



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BALSAMIC VINAIGRETTE

Basic Lifestyle

Ingredients

- 1 red apple
- 1 vine-ripe tomato
- 1 small red onion
- 2 cups distilled or pure water
- 2 TBS chopped fresh basil
- 1 TBS chopped fresh oregano
- 1 TSP chopped fresh thyme
- 1 TBS minced fresh garlic
- 1/3 cup balsamic vinegar
- 1/4 cup fresh lemon juice (about 2 lemons)
- 2 TBS stone-ground mustard
- Dash of cayenne pepper
- 1/4 cup extra-virgin olive oil (optional)
- 1 small avocado (optional for FINAL Lifestyle clients only)*

Instructions

1. Core and quarter the apple and tomato.
2. Peel and quarter the onion.
3. Place all the ingredients in blender, and purée thoroughly.
4. Adjust the water to obtain the preferred consistency and the spices to taste.

Portion-Per-Serving Information: (Yields 3-1/2 cups [which equals 56 TBS])

If including olive oil in recipe, 1 Serving = 2 TB = 1/2 FT

If making recipe without olive oil, use unlimited.

*FINAL Lifestyle clients: If using both olive oil and avocado ... 2 TB = 1 FT