

Sweet Dijon Garden Salad

4 SERVINGS 10 MINUTES



INGREDIENTS

1/4 cup Unsweetened Applesauce
2 tbsps Apple Cider Vinegar
1 1/2 tbsps Maple Syrup
1 tbsp Dijon Mustard
1 tbsp Water
1/4 tsp Sea Salt
1 Garlic (clove, minced)
8 leaves Romaine (chopped)
1/2 Cucumber (chopped)
1 cup Cherry Tomatoes (halved)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|----|---------|-----|
| Calories | 54 | Carbs | 12g |
| Fat | 0g | Protein | 1g |

DIRECTIONS

- 01 Add the applesauce, apple cider vinegar, maple syrup, dijon mustard, water, salt, and garlic to a jar. Cover and shake well.
- 02 Divide the romaine, cucumber, and tomato between bowls. Top with the dressing and enjoy!