

Spinach Vinaigrette Dressing

Courtesy of Hebni Nutrition Consultants

1 6-ounce bag fresh spinach

6 ounces frozen apple juice concentrate, thawed

1 teaspoon salt or a low-sodium seasoned spice of your choice

1 teaspoon garlic

4 ounces olive oil

4 ounces balsamic vinegar

2 tablespoons Dijon mustard (optional)

Pepper to taste

Combine all ingredients in a blender and blend until smooth. Use 2 tablespoons per serving. Store leftover dressing in the refrigerator.