

FIXATE RECIPES

FRENCH DRESSING

Serves: 7 (approx. 2 Tbsp. each)

GF VG

Total Time: 5 min.

Prep Time: 5 min.

Cooking Time: None

1/3 cup / 70 g	olive oil mayonnaise	1 tsp.	Dijon mustard
1/3 cup / 80 g	all-natural ketchup	1/2 tsp.	ground sweet paprika
1 Tbsp.	apple cider vinegar	1/4 tsp.	garlic powder
1 Tbsp.	honey	1/4 tsp.	onion powder
1 clove	garlic, finely chopped	1/4 tsp.	sea salt (or Himalayan salt)
1 tsp.	Worcestershire sauce	1/4 tsp.	ground black pepper

1. Add mayonnaise, ketchup, vinegar, honey, garlic, Worcestershire, mustard, paprika, garlic powder, onion powder, salt, and pepper to a large mixing bowl; whisk to combine. Store in an airtight container in the refrigerator for up to 4 days.

Nutritional Information (per serving):

Calories:	95	Cholesterol:	8 mg	Fiber:	0 g
Total Fat:	8 g	Sodium:	261 mg	Sugars:	3 g
Saturated Fat:	1 g	Carbohydrates:	4.5 g	Protein:	0 g

THE ULTIMATE
FIX Container Equivalents (per serving)
1

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.