

# Honey Mustard Dressing

Prep Time: 5 minutes  
Total Time: 5 minutes

Yield: 8 servings  
Calories per serving: 41  
Fat per serving: .3g

## Ingredients

- ¼ cup honey or agave nectar
- ¼ cup Dijon mustard
- 1 tablespoon olive oil (optional)
- 2 tablespoons rice wine vinegar
- ½ teaspoon garlic powder OR 1 clove garlic, minced
- ½ teaspoon fresh ground black pepper
- ½ teaspoon sea salt

## Instructions

1. Combine all ingredients in a small bowl and whisk until well combined.

## Notes

With Oil: Servings 8, Calories 56, Fat 2.1g, Carbohydrates 9.4g, Protein .4g, Cholesterol 0mg, Sodium 206mg, Sugars 8.8g Omitting Oil: Servings 8, Calories 41, Fat .3g, Carbohydrates 9.4g, Protein .4g, Cholesterol 0mg, Sodium 206mg, Sugars 8.8g

<http://www.cookingquinoa.net/honey-mustard-quinoa-salad>