

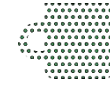


# Low FODMAP Apple Cider Vinaigrette

Serves: 24

Prep: 5 minutes

Cook: No cooking required



Stack Cup

Ingredients	Metric	Imperial
⅓ cup olive oil	65 g	2.3 oz
⅓ cup garlic-infused olive oil	65 g	2.3 oz
⅓ cup apple cider vinegar	75 g	2.6 oz
1 tsp sugar	3 g	0.1 oz
Salt and pepper, to taste		
Herbs of your choice, optional		

## Method

1. Measure all ingredients into a jar with a tight fitting lid and shake vigorously before dressing salad.

## Hints

- You can use all plain olive oil instead of garlic-infused oil, but the latter gives the dressing a delightful garlicky taste that many of us miss.
- Different herbs can be added to this dressing according to your taste! Some suggested ones include oregano, thyme, parsley, basil and chives (check the Monash app for other ideas).
- Try the dressing with salads such as: Green salad, Simple lettuce, tomato and cucumber, Nicoise salad, Grilled or bbq'd low FODMAP vegetables, Rocket, tomato and pine nut, Coleslaw, French-style potato salad.
- This dressing is made from all 'low-risk' foods with regards to food safety. Hence it can be stored at room temperature for about a month. But do watch out if you are in a warm climate as the oil can go rancid over time. You can store it in the fridge if desired, but try and let it come to room temperature before use as the olive oil will partially solidify at cold temperatures.

Nutrition Information (per serve)	
<b>Energy</b>	206 Kj / 49 cal
<b>Protein</b>	0.00g
<b>Carbohydrates</b>	0.20g
<b>Sugar</b>	0.10g
<b>Total Fat</b>	5.40g
<b>Saturated Fat</b>	0.80g
<b>Fibre</b>	0.00g