## Whole Health Institute



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## **Cranberry Orange Vinaigrette**

This recipe is wonderful for the autumn and winter holiday season. It goes great served over everything from fresh salads and wilted greens, to roasted chicken or turkey.

Prep time: 15 minutes

Makes 2½ cups or ~8 servings

## **Ingredients**

- o 1 cup fresh or frozen cranberries
- o ¼ cup apple cider vinegar
- o 1/4 cup honey or pure maple syrup
- 1 teaspoon orange zest
- o ¼ cup orange juice
- 3 tablespoons extra virgin olive oil
- 1 teaspoon Dijon mustard
- o ½ teaspoon cinnamon
- o ½ teaspoon salt
- Optional: 1/8 1/4 teaspoon cayenne pepper (or sub ¼ teaspoon red pepper flakes)
- o 3-4 tablespoons water

## **Instructions**

- 1. Heat the cranberries, apple cider vinegar, and maple syrup or honey in a medium saucepan over medium-high heat. Stir frequently until cranberries pop this may take about 5 minutes.
- 2. Remove from the heat and stir in the orange zest, orange juice, olive oil, Dijon mustard, cinnamon, salt, and cayenne.
- 3. Transfer to a blender or using an immersion stick blender, add 2-3 tablespoons of water and puree the dressing until you've reached your desired consistency. Add additional water, if you like dressing to be thinner. Taste and adjust any seasonings as desired.
- 4. Enjoy warm or at room temperature.
- 5. Store any leftover dressing in a tightly sealed jar or container in the refrigerator for up to 2 weeks.

