

Honey Poppyseed Vinaigrette Dressing



PREP TIME:
5 MINUTES

TOTAL TIME:
6 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 6-8 Servings

Ingredients:

- ¼ Cup White Balsamic Vinegar
- ½ Cup Extra Virgin Olive Oil
- 1 TBSP Honey
- ½ Teaspoon Himalayan Sea Salt
- 1 Scoop Collagen (*I use [TruVani Marine Collagen](#)*)
- 1 TBSP Poppy Seeds
- 1 TBSP Red Onion – Minced

Instructions:

1. In a small bowl add all of the above ingredients.
2. Whisk lightly until completely blended. You can also pulse in a mini food processor for a couple of seconds as well.
3. **Serving Suggestions:** Salads / Veggie Crudité

***Try and use all organic ingredients if possible.**