5 Minute Raspberry Honey Mustard Dressing

EASY • 15 MINS

A vibrant dressing or sauce that will brighten any meal! Serve drizzled over a salad of rocket, pear and walnuts with crumbled feta cheese. Also delicious served with BBQ meats including chicken, pork or steak.



SKILL LEVEL	PREP TIME	SERVINGS
Easy	15 mins	4-6 as a dressing or sauce

Ingredients

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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- 150g Raspberries, fresh or frozen
- 2 tsp Capilano Pure Honey
- 2 tsp Dijon mustard
- 2 tsp red wine or apple cider vinegar
- ¼ cup extra virgin olive oil

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Method

1. Combine all ingredients in a smoothie blender and pulse until smooth.

2. Alternatively, In a medium bowl mash raspberries with a fork until smooth. Add honey and mustard and mix until a smooth paste forms. Whisk in vinegar and olive oil until a smooth dressing forms.

3. Store in a jar or airtight container for up to 3 days. Suitable for freezing in an airtight container or jars for up to 3 months.

4. Sauce consistency: Reduce vinegar to 1 tsp and reduce olive oil to 1-2 tablespoons until desired consistency is achieved.

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