



# 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, or steak.



**SKILL LEVEL**  
Easy

**PREP TIME**  
15 mins

**SERVINGS**  
4-6 as a dressing or sauce

## Ingredients

- 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

## 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.

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

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

#### 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](#).

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