Crunchy Hand Salad with Tasty Vinaigrette  (*Serves 6-8*)

(*Glass jar, measuring spoons and cup*)

**Tasty Vinaigrette:**

- ½ cup Apple cider vinegar
- 2 Tbsp Honey
- 1 ½ Tbsp Dijon mustard
- 2/3 cup Olive oil
- 1 clove Garlic, minced finely
- ½ tsp Black pepper
- 2 tsp Salt
- 1 bunch Romaine Lettuce
- 1 cup Grape Nuts

1. Combine all ingredients together in order given (except lettuce) in a 2-cup jar with tightly fitting lid.
2. Secure lid and shake hard until combined and creamy smooth.
3. Drizzle over salads with (1) plastic spoon or (2) paint with a food grade silicone brush onto clean Romaine lettuce leaves for a hand held salad.