

## 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.
4. Sprinkle Grape Nuts over lettuce and serve.