

# Chia Vinaigrette

**Yield: 24 servings**

Gluten-free  
Dairy-free

## RECIPE CUSTOMIZATION

To make it low-FODMAP, omit garlic and swap shallot for green part of green onions or chives

## Ingredients

4 oz red wine vinegar  
4 oz water  
¼ cup chia seeds  
2 cloves garlic, peeled and trimmed  
1 small shallot, peeled and trimmed  
1 tsp chili powder  
2 tsp salt, kosher  
1 tsp smoked sweet paprika  
1 tsp sugar  
¼ tsp cayenne pepper  
½ tsp cumin, ground  
¼ tsp coriander, ground  
12 oz avocado oil

## Directions

1. Place all ingredients except oil in a blender and puree on medium.
2. While blender runs on low, slowly pour in avocado oil (12 oz).  
Adjust salt if needed.



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### Nutrition Facts

**Serving size 1** (1oz)

Amount Per Serving **28g**

**Calories** **138**

**% Daily Value**

**Total Fat** 14.8g **23%**

Saturated Fat 1.7g **9%**

**Cholesterol** 0mg **0%**

**Sodium** 198mg **8%**

**Total Carbohydrate** 1g **0%**

**Dietary Fiber** 1g **3%**

**Sugars** 0g

**Protein** 0g **1%**

Vitamin A **2%**

Vitamin C **0%**

Calcium **1%**

Iron **1%**