

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.



Share your healthy eats
with us @Wellbeats



Chia Vinaigrette

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%