

# Maple Syrup Vinaigrette



|                       |                                                                                                                                                                                                                                                                     |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Serves                | 2                                                                                                                                                                                                                                                                   |
| Prep time             | 5 minutes                                                                                                                                                                                                                                                           |
| Allergy / Intolerance | <a href="#">Amines</a> , <a href="#">Artificial Additives</a> , <a href="#">Artificial Colours</a> , <a href="#">Dairy</a> , <a href="#">Egg</a> , <a href="#">Glutamates</a> , <a href="#">Preservatives</a> , <a href="#">Salicylates</a> , <a href="#">Wheat</a> |
| Suitable for          | <a href="#">Amines Challenge</a> , <a href="#">RPAH Elimination Diet - Amines Allowed</a> , <a href="#">RPAH Elimination Diet - Moderate Chemical</a>                                                                                                               |
| Meal type             | <a href="#">Ingredient</a> , <a href="#">Salad</a>                                                                                                                                                                                                                  |
| Misc                  | <a href="#">Child Friendly</a> , <a href="#">Pre-preparable</a> , <a href="#">Serve Cold</a>                                                                                                                                                                        |

## Ingredients

- 2 teaspoons sunflower oil
- 1 tablespoon malt vinegar
- 1/2 tablespoon maple syrup
- pinch salt

## Directions

1. Combine all the ingredients in a jar or container with a lid and shake well.

## Note

Moderate Amines, Low Salicylates, Low Glutamates

This recipe makes enough dressing for a 2 - 3 person salad.