

Fat-Burning Raspberry Vinaigrette

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving, 2 tbsp/ 30 ml): Total carbs: 1.3 g, Fiber: 0.5 g,

Net carbs: 0.9 g, Protein: 0.1 g, Fat: 13.5 g, Calories: 124 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings, about 3/4 cup/ 180 ml)

- 1/3 cup raspberries, fresh or frozen and thawed (40 g / 1.4 oz)
- 1 tbsp fresh lemon juice (15 ml)
- 1 tbsp red wine vinegar (15 ml)
- 1/4 cup [extra virgin olive oil](#) (60 ml/ 2 fl oz)
- 1-2 tbsp water
- 2 tbsp [MCT oil](#) (30 ml)
- 1 tbsp [powdered Erythritol](#) or [Swerve](#) (10 g/ 0.4 oz) or 5-10 drops [liquid stevia](#)
- 1 tsp [Dijon mustard](#)
- 1/4 tsp onion powder or garlic powder
- 1/4 tsp sea salt

Instructions

1. Place everything into a blender or a food processor.
2. Pulse until smooth.
3. Pour in a glass jar and store in the fridge for up to a week.
4. Shake well before drizzling over salads. Store in a sealed jar in the fridge for up to a week.

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