

## **French Dressing**

### **Ingredients**

3 tablespoons vinegar

2 tablespoons MCT Oil

Pinch of dried mustard

¼ teaspoon sugar

¼ teaspoon mixed herbs

Salt & pepper, to taste

### **Method**

1. Mix all the ingredients together in a bowl and serve.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics

*National Centre for Inherited Metabolic Disorders*