

Avocado Apple Salad with Orange Juice Vinaigrette

The vinaigrette is enough for quadruple the amount of avocado and apples it is also excellent on a lettuce salad so it pays to make the entire amount

Vinaigrette:

1/3 cup (78 ml) orange juice

1/4 cup (59 ml) oil - I prefer vegetable oil, not olive oil since it overpowers the flavor

1 tablespoon Dijon or brown mustard

1 tablespoon honey *or* Silan (date honey) *or* maple syrup

1 tablespoon vinegar, preferably balsamic

Salt and pepper to taste

2 avocados (I used a small amount for 2 people, you can double even quadruple the amount)

1 apple

Peel the avocados and the apple. Cut both into chunks. In the same bowl for the salad, whisk together the orange juice, oil, mustard, honey or other sweetener, vinegar and salt and pepper till emulsified. Pour off any extra dressing into a jar or container. Place the avocado and apple in the remaining dressing and toss to coat. This can sit refrigerated for a few hours (I've even done it overnight!) without the apples and avocados going brown/black on you. A lovely and refreshing salad.