

# Citrus Poppy Seed Dressing

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Makes 1 cup, serving size 1 Tbsp

1 point on all plans for 1 Tbsp, 2 Points for 2 Tbsp

- 2 Tbsp zero calorie sweetener (I use Lakanto Monkfruit)
- 2 Tbsp white wine vinegar
- pinch salt
- 1/4 cup olive oil
- 1 tsp poppy seeds
- 1/3 cup fresh squeezed orange juice
- 1 Tbsp orange zest

1. Combine orange juice, oil, monkfruit, vinegar and salt in a bowl.
2. Whisk until blended.
3. Add poppy seeds and whisk to combine.