



RUNAMOK MAPLE

MAPLE VINAIGRETTES

EAT · DRINK · INDULGE



SPICY-SWEET COLE SLAW

For the Slaw

- ½ red cabbage, grated
- 1 large carrot, peeled and grated
- Kernels from 1 ear fresh corn or 1 apple, peeled and grated
- ½ cup chopped cilantro or parsley

Sweet and Spicy Vinaigrette

- 1 Tbs fresh lime juice
- 1 Tbs roasted pumpkin seed oil (if unavailable, use an extra Tbs of olive oil)
- 1 Tbs olive oil
- 1 tsp **Merquén Infused Maple Syrup** (or more to taste)
- ½ tsp salt
- Fresh ground pepper

Combine all of the vegetables in a mixing bowl. In a separate bowl, blend the vinaigrette with a fork then pour over the slaw. Toss gently and serve. Makes about 4–6 servings.

RUNAMOKMAPLE.COM 802.849.7943



RUNAMOK MAPLE



LEMON VINAIGRETTE

Juice of 1 lemon
2 tsp of **Makrut Lime-Leaf Infused Maple Syrup** (or to taste)
2 tsp Dijon mustard
¼ cup cold pressed unfiltered olive oil
Fresh ground salt and pepper

Blend all ingredients, adjusting measurements to taste. Serve over a crisp, green salad: mesclun greens with avocado, cucumber, cherry tomatoes and pistachios.

Runamok Maple Syrup: Product of the USA

MAPLE VINAIGRETTES

EAT • DRINK • INDULGE



SPRING GREENS WITH APPLE, FARRO AND AN ELDERBERRY VINAIGRETTE

Mesclun greens for 4
1 apple, cored and
thinly sliced
Sprinkling of feta cheese

½ cup farro, cooked
(simmer in 1 cup of water
for 20 minutes)

Vinaigrette

2 tsp **Elderberry Infused Maple Syrup**
2 tsp red wine vinegar
2 Tbs extra virgin olive oil

1 scallion, trimmed and sliced
Pinch of salt and a few
grinds of fresh pepper

Blend the vinaigrette ingredients and let sit for a few minutes to mellow the scallion. Put the salad ingredients in a large bowl or individual bowls. Drizzle on the vinaigrette to your liking and toss gently.

RUNAMOKMAPLE.COM 802.849.7943