



RUNAMOK MAPLE

MAPLE VINAIGRETTES

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## 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.

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### 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



### 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.

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