



Dressing - Caesar

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1 ½ cups	vegetable oil or sour cream	350 L
¾ cup	lemon juice	150 mL
2 tbsp	maple syrup	30 mL
½ cup	parmesan cheese, grated	125 mL
2 cloves	garlic, minced	2 cloves
½ tsp	salt	2 mL
Optional:	pepper	

Instructions

1. Combine all ingredients and process with immersion blender.
2. Refrigerate until ready to use.

Nutrition Information	
Serving 12 g (2 tsp)	
Calories	70
Fat	7 g
	Saturated 0.5 g
	+ Trans 0 g
Sodium	25 mg
Carbohydrates	1 g
	Fibre 0 g
	Sugars 0 g
Protein	0 g
Calcium	10 mg
Iron	0 mg

Food Guide Servings
Does not contribute towards Food Guide Servings