



Pre-workout Vinaigrette

Ingredients

- Extra-virgin coconut oil 2 tbsp
- Pre-workout 1 scoop
- Salt 1 pinch
- Black pepper 1 pinch
- Lemon juice 1 squeeze
- Honey to taste (optional)

Directions

1. Heat coconut oil in microwave for 30 seconds or until melted.
2. Whisk in the remaining ingredients.
3. If you need extra sweetness beyond what the pre-workout provides, add a little extra honey.
4. Pour over salad and enjoy!