

Trim Healthy
W I S D O M

Faker Aged Balsamic (FP)

(P – I use this hack super frequently in my life to bring sweetness and a more rounded flavor to Balsamic vinegar of the lower carb kind. Faker Aged Balsamic can stand alone as your dressing. It provides you with an Ultra Fuel Pull, yet an amazingly tasty base for your greens. Many of us in challenging pause seasons can't do a big old, oily, or fatty dressing and then still pile toppings like nuts and cheese on top. It's just too much density for us! But Faker Aged Vinegar allows for a lovely light base to dress our salads so we can top them with nuts and cheese and still get to burn them.)

In all truth, most of us would admit that beautifully aged, sweet Balsamic vinegar just tastes better. The problem is that most aged Balsamic vinegars have high carbs and high sugars. They can sometimes have 10–12 carbs for just 1-2 Tbs! This means they are not nearly as kind to blood sugar as most other vinegars, and they do not fit into S or FP meals. For this reason, we've always advocated for finding Balsamic vinegar with 2 grams of carbs or less. Sadly, though, they're not as delicious as the lovely, aged, sweet kinds. Now, you can make your own great-tasting Balsamic without sugar and carbs. This is so easy; you'll just mix it in a cup, then pour over your greens or put each ingredient directly on your salad greens and toss well. The Gentle Sweet gives the vinegar more sweetness, and the Nutritional Yeast brings the Unami flavor... the rounder mouth feel, and the taste that aged Balsamic contains. Note: I love a good, strong sour vinegar taste, so I use a full 2 tablespoon amount of balsamic vinegar in this hack and don't sub any water. If you prefer a milder vinegar flavor, try 1 or 1½ tablespoons of the vinegar and sub with a little water.)

Single Serve Recipe

INGREDIENTS:

- 1 - 2 Tbs balsamic vinegar
(find one with just 2 grams carbs)
- ½-1 Tbs water (optional)
- ½ Tbs [TH Gentle Sweet](#)
- ½ Tbs [TH Nutritional Yeast](#)

INSTRUCTIONS:

Mix in a small cup or bowl with a fork, then drizzle over salad and toss super well or add single ingredients, one at a time to salad greens, then toss very well.