

SPINACH, ORANGE AND ALMOND SALAD

Number of portions: 12

Portion size: 1 cup

INGREDIENTS

Dressing:

1 tsp sugar, honey or maple syrup

½ tsp salt

½ tsp dried mustard

1 Tbsp lemon juice or balsamic vinegar

¼ cup of oil (vegetable, canola or olive)

Salad:

2 bags/containers (approx. 150 g) fresh spinach

1 small red onion, finely sliced

2 oranges or 4 mandarins, peeled and sliced/ or 2 cans mandarins, drained

½ cup sliced almonds, lightly roasted in the oven for a few minutes



METHOD

1. Mix the dressing ingredients. Keep aside.
2. Wash and shred spinach and lettuce.
3. Add oranges or mandarins, red onion and roasted almond slices.
4. Add the salad dressing just before serving.

TIPS

- Oranges or mandarins could easily be replaced by other fruits such as apples or berries when they are in season!

