



Ingredients

Salad

- 1 bunch (500 mL) fresh organic spinach
- ½ cup (125 mL) organic strawberries, sliced
- ½ cup (125 mL) almonds, slivered
- ½ cup (125 mL) carrot, finely shredded
- ¼ cup (60 mL) feta cheese

Apple Cider Vinegar and Maple Syrup Dressing

- 2-3 tbsp (30-45 mL) organic maple syrup
- A generous pinch of sea salt
- Pepper to taste (optional)
- ⅓ cup (75 mL) organic apple cider vinegar

- ½-¾ cup (125-175 mL) extra virgin olive oil

Instructions

- In a medium bowl, toss spinach, strawberries, almonds, and carrots.
- Mix together dressing ingredients. Combine the ingredients in a mason jar. Shake well.
- Pour dressing over salad, toss, and serve immediately. Save the left over dressing in the fridge for up to a week.

Makes 4 servings.