



Recipes

Salads

Strawberry-Spinach Salad

Prep Time: 15 minutes

Yield: 4 servings

Ingredients:

4 cups spinach leaves
1 cup strawberries cut up
2 tablespoons extra virgin olive oil
½ teaspoon finely chopped fresh basil
sea salt and pepper to taste
½ teaspoon freshly squeezed lime juice
1/4 cup raw cashews, toasted and chopped

Directions:

1. Combine spinach with strawberries in a large salad bowl.
2. In a small jar, combine oil, basil, sea salt, pepper, and lime juice and shake well.
3. Toss with spinach and berries and sprinkle with cashews.
4. Enjoy!!