

Spinach Strawberry Salad

Salad ingredients:

Spinach

Strawberries

Pineapple tidbits

Sliced almonds or walnut pieces

Shelled Edamame

Green onions or fresh chives (sliced)

Dressing ingredients:

1 cup strawberries

3 T balsamic vinegar

1 T maple syrup (or sugar)

1 tsp Dijon mustard

1 tsp poppy seeds (optional)

Blend the first 4 ingredients together in a blender or nutribullet until smooth. Then add poppy seeds & stir them in.