



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

SWEET AND SIMPLE SPINACH-WALNUT-PEAR SALAD

INGREDIENTS:

For the Salad:

- 3.5 oz baby spinach
- 1/4 C walnuts, chopped
- 1/4 C dried cranberries
- 1 pear or apple

For the Vinaigrette:

- 2 TBS extra virgin olive oil
- 1 TBS apple cider vinegar
- 1 tsp maple syrup or liquid sweetener of choice

DIRECTIONS:

- Roughly chop and toast walnuts in a skillet over medium heat until golden brown and fragrant.
- Combine all of the vinaigrette ingredients in a jar and shake or whisk in a bowl.
- Add spinach, pear or apple and cranberries to a bowl and toss, topping with the walnuts.
- Add the dressing just before serving.



