

Fruity Arugula & Spinach Salad

Vegan, raw, gluten-free, soy-free, refined sugar-free



Yield: 2 servings | **Prep Time:** 5 minutes | **Total Time:** 5 minutes

INGREDIENTS: The Salad

- 2 cups (60 g) spinach
- 1 cup (30 g) arugula
- 1 avocado, cubed
- 1 orange, chopped
- 1 cup (150g) red grapes, halved
- 1/2 cup (65 g) walnuts, raw or roasted*
- 1/4 small red onion (40g), sliced thinly



INGREDIENTS: The Dressing

- 1 Tbsp (15 mL) olive oil
- 1 Tbsp (15 mL) balsamic vinegar
- 1 lemon, juiced

DIRECTIONS

1. Toss all ingredients in a bowl, or arrange neatly on the bed of greens.
2. Combine the ingredients for the dressing in a separate bowl and whisk until combined.
3. Pour over salad, toss, and enjoy!

NOTES

*Optional: you can toast and lightly candy the walnuts on medium-low heat on the stove with 1 tsp maple syrup, stirring continuously for ~3 minutes or until slightly golden.