

Strawberry and Blueberry Spinach Salad

Ingredients:

Salad

- 16 oz baby spinach
- $\frac{1}{4}$ cup sliced almonds, toasted
- $\frac{1}{2}$ cup of blueberries
- $\frac{1}{2}$ cup of strawberries



Sesame Seed Dressing

- $\frac{1}{4}$ cup white wine vinegar
- 2 Tbsp apple cider vinegar
- 3 Tbsp white sugar
- $\frac{1}{2}$ cup olive oil
- 3 Tbsp honey
- 2 Tbsp sesame seeds , toasted

Instructions

1. **For the dressing:** In a bowl or jar mix together all sesame seed dressing ingredients: white wine vinegar, apple cider vinegar, sugar, olive oil, honey, and sesame seeds. Mix until all ingredients are well blended.
2. **For the salad:** Add spinach, almonds, strawberries, and blueberries to a salad bowl. Drizzle dressing over salad and toss. Serve immediately after adding dressing.

- To toast the sesame seeds, place the seeds in a thin layer on parchment paper. Place in oven at 350 degrees for 4-5 minutes. Check every two or so minutes. They can burn easily. They are done when they are a golden brown color.