Strawberry, Blueberry, and Spinach Salad with Honey Vinaigrette

Salad Ingredients:

- 4 cups baby spinach
- 2 cups strawberries, sliced
- 2 cups blueberries
- 1/4 cup almonds, sliced

Honey Vinaigrette:

- 3 tablespoons white wine vinegar
- 3 tablespoons water
- 1 tablespoon honey
- 2 teaspoon extra virgin olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions

1. Whisk white wine vinegar, water, honey, olive oil, salt, and pepper in a small bowl.
2. Mix strawberries, blueberries, and spinach in separate bowl.
3. Add vinaigrette and mix to coat; sprinkle with almonds and serve.

Nutrition Facts

Serving Size (251g)
Servings Per Container 4

Amount Per Serving

Calories 160	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 105mg	**4%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 6g	**24%**
Sugars 16g	
Protein 4g	

Vitamin A 70% • Vitamin C 120%

Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Source: Wellness Center