

# Recipe



## Baby Spinach and Avocado Salad with Honey Lime Dressing

6 Servings

### Ingredients

- 1/4 cup olive oil
- 3 tbsp lime juice, fresh
- 1 tbsp honey
- 1/2 tsp dijon mustard
- 1 clove garlic, raw, minced
- 1 dash salt
- 1 dash black pepper
- 10 cups baby spinach, raw
- 1/2 cup mint, fresh
- 1 fruit avocado, ripe
- 1/2 cup, crumbled feta cheese, cow or goat milk

### Directions

1. Whisk oil with lime juice, honey, Dijon, garlic, salt and pepper until blended.
2. Place spinach and mint leaves in a salad bowl. Toss. Add avocado and feta.
3. Drizzle with as much dressing as you need to coat. Toss gently.

NUTRITION FACTS - PER 1 SERVING	
CALORIES (kCal)	203
FAT (g)	17.64
SATURATED FAT (g)	4.086
TRANS FAT (g)	0.005
CHOLESTEROL (mg)	12
SODIUM (mg)	225
CARBOHYDRATE (g)	9.84
FIBRE (g)	3.9
SUGARS (g)	4.06
PROTEIN (g)	4.49
VITAMIN A (µg)	283
VITAMIN C (mg)	21.8
CALCIUM (mg)	140
IRON (mg)	2.78