

# Recipe



## Baby Spinach, Avocado, and Pumpkin Seed Salad

6 Servings

### Ingredients

10 cups baby spinach, raw  
8 tbsp pumpkin seeds, green  
2 fruit avocado, ripe  
2 tbsp olive oil  
1 fruit (5 cm dia) lime, raw, zested and juiced  
1/2 tsp salt

### Directions

1. Put the spinach leaves and pumpkin seeds into a large salad bowl.
2. Halve the avocados and then remove the stones. Spoon out the flesh over the salad leaves and pumpkin seeds.
3. Mix the olive oil, lime juice and zest in a small bowl. Add the salt and whisk to emulsify.
4. Pour the dressing over the salad, and then gently toss everything together using your hands. Take care not to mush the avocado pieces.

NUTRITION FACTS - PER 1 SERVING	
CALORIES (kCal)	210
FAT (g)	16.71
SATURATED FAT (g)	2.47
TRANS FAT (g)	0.002
CHOLESTEROL (mg)	0
SODIUM (mg)	307
CARBOHYDRATE (g)	14.64
FIBRE (g)	6.4
PROTEIN (g)	4.94
VITAMIN A (µg)	251
VITAMIN C (mg)	24.7
CALCIUM (mg)	70
IRON (mg)	2.26