

RECIPE

Antioxidant Fig & Blackberry Salad

Ready in **5 minutes**

Serves **4**

Salad Ingredients

- 8 Black Figs - stems removed and quartered
- 3 Cups Arugula
- 3 Cups Spinach
- 1 Cup Halved Cherry Tomatoes
- 1 Cup Blackberries
- ½ Cup Shaved Almonds
- 1 Cup Goat Cheese

Dressing Ingredients

- 2 Tbsp Balsamic Vinegar
- 2 Tbsp Organic Olive Oil
- 1 Tsp Lemon Pepper
- 1 Tsp Sea Salt

Preparation

1. Combine all salad ingredients in large bowl
2. Combine all dressing ingredients in a small bowl and stir with fork
3. Drizzle dressing over salad and mix using tongs

Tips

- To make Vegan remove Goat Cheese or even substitute for 'Vegan Cashew Ricotta Cheese'

Supplies

- Large bowl
- Small bowl
- Tongs
- Fork
- Knives
- Cutting board
- Measuring cups and spoons