



Spinach and Fruit Salad with Avocado Citrus Dressing

Ingredients

- g MAGGI Oil Free Dressing French
- g Spinach, Raw
- g Tangerines, (mandarin oranges), raw
- g Grapefruit, raw, pink and red, Florida
- g Blueberries, raw
- g Strawberries, Raw
- 1/2 1/2 Mediums Avocados, raw, California
- 1/4 1/4 cups Orange juice, raw
- 1/2 1/2 tbsp Honey
- 1/4 1/4 tbsp Vinegar, distilled
- tbsp Vegetable oil
- 1/2 1/2 pinches Salt, Table
- g Spices, Pepper, Black

Instruction

1. Wash spinach and fruits and drain excess water separately.
2. Slice grapefruit segments remove seeds and slice the strawberries. In large bowl combine spinach, tangerines, grapefruit, blueberries and strawberries.
3. Place avocado, orange juice, honey, vinegar, vegetable oil, salt and pepper into a blender or bowl and whisk until smooth and creamy.
4. Pour over salad and toss well.

Nutrition

Carbohydrates	19.85 g
Energy	123.85 kcal
Fats	5.37 g
Protein	1.56 g

9 Minutes

6