

# Let's Eat: Berry Salad

Makes 4 servings



In a large bowl add spring mix, basil, berries, onion, and almonds.

Prepare dressing. In small bowl combine oil, vinegar, honey, pepper, garlic powder, and lemon juice. Whisk until well combined.

Pour dressing over salad mix and toss well to coat evenly.

Enjoy!

## Ingredients

- 5 oz spring mix lettuce
- 1/2 cup fresh basil
- 1 cup fresh strawberries, halved
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- 1 cup fresh blackberries
- 1/4 cup red onion, diced
- 1/4 cup unsalted toasted almonds

## Dressing

- 4 tbsp avocado or canola oil
- 2 tbsp honey
- 2 tbsp red wine vinegar
- 1 lemon, juiced
- 1/4 tsp black pepper
- 1/4 tsp garlic powder

## Nutrition Facts Per Serving (2 cup)

Calories 271  
Carbohydrates 29 g  
Protein 4 g  
Total Fat 17 g  
Phosphorus 77 mg  
Potassium 439 mg  
Sodium 43 mg