

Cranberry Spinach and Spring Mix Salad

By Nina Lynn



Ingredients: 1 tbs. organic or raw butter
3/4 cup organic raw almonds, slivered
1/2 lb. organic spinach, cleaned and torn
1/2 lb. organic spring mix salad greens
1 cup organic dried cranberries
1 large apple cut into bite-sized pieces
2 tbs. sesame seeds
1 tsp. poppy seeds
2 tsp. organic minced onions
1/4 tsp. paprika
1/4 cup white wine vinegar
1/4 cup organic apple cider vinegar
1/2 cup organic virgin olive oil

Directions: In a medium saucepan, roast the almond in the butter until lightly toasted, remove from heat and let cool. In a large bowl combine the spinach, greens, almonds and cranberries. In a medium bowl combine sesame seeds, poppy seeds, onions, paprika, the vinegars and olive oil. Toss salad and serve.

Raw dishes like salads provide the body with Chi, or life force energy. The spinach and greens also give the body vitamins, minerals and enzymes in nature's package, the form the body best utilizes. Seeds provide healthy fats and a natural crunch. Dried cranberries add a chewy sweetness and are healthy for the bladder.