



60 Days to Reclaim YOUR Health

SPINACH-BERRY SALAD

Serves 4

As featured in *Hallelujah Acres Health News* magazine (May/June 2010)

Taken from *Simple Weekly Meal Plans, Vol 1*

Ingredients

- 1 pound baby spinach
- 2 cups sliced organic strawberries (or raspberries)
- 1/2 cup slivered almonds
- 2 Tbsp thinly-sliced green onions
- 2 Tbsp sesame seeds

Honey Mustard Dressing:

- 1/4 cup Westbrae Natural Dijon mustard
- 2 Tbsp flaxseed oil or Udo's Oil
- 1/3 cup raw honey

Mix dressing well and pour on salad just before serving.

Improvisation is the key to making The Hallelujah Diet fit your lifestyle. Today Paul and Ann put a personal touch on a classic spinach salad.