

Blueberry, Rocket and Almond Salad

Summertime fresh!

INGREDIENTS

Salad

- 1 cup rocket leaves, washed*
- 1 cup snow peas or snow pea sprouts*
- ½ cup blueberries*
- 1 cup quinoa, cooked*
- ¼ cup flaked almonds, toasted*
- ¼ cup cow feta or goat feta, crumbled*

Dressing

- Juice and zest one small lemon*
- Approx. double the quantity of extra virgin olive oil*
- 1 teaspoon red wine vinegar or raspberry vinegar*
- 1 teaspoon honey or rice malt syrup*

STEPS

- 1. For the salad, combine the ingredients together in your salad bowl.*
- 2. For the dressing, shake the ingredients together in a jar.*
- 3. Dress the salad just prior to serving.*

Easy and refreshing!

Adapted from Well Nourished