DietCloud – Recipe

Recipe Name: Spinach, Apple and Walnut Salad Recipe

Diet Type:

Course: Side Dish

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 3 cups Baby spinach	2
• 1/2 cup Walnuts - roughly chopped	
• 1/2 cup Raisins	
• 1 Apple - cored and cut into thin slices	
• 2 tablespoons Sunflower seeds	
• 4 tablespoons Sunflower Oil	
• 1 tablespoon Lemon juice	
• Salt - to taste	
• 1/4 teaspoon Black pepper powder	
• 1 tablespoon Dijon Mustard	
• 2 tablespoons Honey	

Preparation

• To begin making the Spinach, Apple and Walnut Salad recipe, we will firstly make the Honey Mustard dressing.
• In a mason jar or any bottle with a tight fitting lid, add all the ingredients of the dressing.

• The next step is to make a salad.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)