

Apple Salad



Ingredients

Handful of spinach
1 apple (you can substitute with pears or other
crispy fruit)
Handful of pecans or walnuts
Blue cheese (feta cheese or no cheese at all)
1 tbsp brown sugar
3 tbsp balsamic vinegar
3 tbsp olive oil or avocado oil
Pinch of cinnamon

Instructions

Put sugar, balsamic vinegar, cinnamon and oil into
pan. On the low heat, constantly stir it until sugar

is dissolved. Increase heat a bit, add apples and
walnuts. Sauté them for 5 minutes. Serve over
spinach, garnish with blue cheese.

Balsamic vinaigrette

2 oz olive oil
1 oz balsamic vinegar
2-3 tbsp apple cider vinegar
6 dates (soak them before for 15-30 min)
1 oz white wine, sparkling wine, champagne
2 cloves garlic
2 -3 slices of fresh ginger
Blend everything and pour over salad