

# Orange Spinach Salad

Prep Time: 14 minutes

## Orange Spinach Salad Recipe:

1 cup mandarin orange slices  
1 handful of romaine lettuce leaves  
1 handful of spinach leaves  
1/2 cup green grapes  
1/2 cup green onions  
1 cup almonds

## Dressing:

1/3 cup freshly extracted orange juice  
2/3 cup extra virgin olive oil  
1/8 to 1/4 cup honey  
3 tbsp of freshly-extracted lemon juice  
1 tsp celery seed  
1 tsp dry mustard (optional)

## Instructions:

Tear spinach and romaine leaf lettuce into bite-size pieces and set aside. Cut grapes in half, chop onions, chop almonds and cut oranges in half. Combine with spinach and lettuce and mix well.

Serve with the following dressing. Combine ingredients and shake well before serving.

We get our produce from:



[www.freggies.com](http://www.freggies.com)

For more information on eating and living healthy, visit: [www.hope4health.org](http://www.hope4health.org)