

Spinach Salad
with
Lemon Buttermilk Dressing
yeilds 4 - 6 servings

- Small bag of pre washed spinach (approx 227 grams) - de-stem if desired
- 1/2 cup of sliced or slivered almonds - toast in dry pan, stir frequently on medium heat for 4 minutes or until toasted
- 1/4 of red onion thinly slivered
- 1/2 cup chevre cheese broken into smaller bits
- 1/2 cup sliced strawberries
- 1/4 cup of mixed roasted or raw seeds
- 1/2 slivered red, orange or yellow pepper
- 2 small cukes or 1/2 a cucumber. Thinly sliced half moons

Gently Toss together and add your favourite dressing or vinaigrette

Lemon Buttermilk Dressing

- * 3/4 cup buttermilk (can use whole milk or cream adding 2 Tbsp lemon juice)
- * 1 cup Mayo
- * 1.5 Tbsp Sugar or substitute
- * 1.5 Tbsp dried dill or 4 Tbsp fresh dill
- * Zest of 1 lemon
- * Juice of 1/2 a large lemon - approx 1/8 cup
- * Salt and Pepper to taste

Wisk above together

This recipe will make 16 servings but will last in fridge for 2 weeks

(I use Costco's Volupta **erthritol** & **monk fruit** sweetener which doesn't spike blood sugar but tastes like sugar with no harmful side effects. \$19 for 1.36 kg)