

Monthly
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Simply Seasonal

Apple, Pepper, Spinach Salad

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Apple, Pepper, Spinach Salad

For Salad:

- * $\frac{1}{2}$ bunch spinach, washed and chopped
- * $\frac{1}{2}$ bunch kale or other hearty greens, washed and chopped
- *1 cup bell peppers, chopped
- *1 apple, sliced

For Tahini Maple Dressing:

- $\frac{1}{4}$ cup tahini
- 3 Tbsp maple syrup
- 5 Tbsp apple juice or water
- 1 Tbsp lemon juice
- $\frac{1}{4}$ tsp sea salt
- Dash of chili powder
- *1 clove garlic, minced
- 1 tsp tamari

*can be found locally

Directions

1. For salad, toss all ingredients together.
2. For dressing, mix all ingredients to dressing consistency.
3. Pour dressing over greens and toss salad.