

# Spinach and Arugula Salad with Blueberry, Orange, and Fuji Green Tea Vinaigrette

**Yield: 6 servings**

Gluten-free  
Dairy-free

## RECIPE CUSTOMIZATION

To make it low-FODMAP, omit shallot and swap honey for maple syrup

## Ingredients

½ cup apple cider vinegar  
2 bags green tea  
1 Fuji apple, core removed  
1 shallot, peeled and trimmed  
1 Tbsp honey  
1 tsp salt, kosher  
½ cup avocado oil  
½ cup extra virgin olive oil  
6 oz spinach  
6 oz baby arugula  
2 oranges, cut into supremes (segments)  
2 cups blueberries  
½ cup almonds, chopped

## Directions

1. Place the green tea bags in the apple cider vinegar (½ cup). Set aside for 30 minutes to two hours.
2. Remove and discard tea bags.
3. Place vinegar, Fuji apple, shallot, honey (1 Tbsp), and salt (1 tsp) in a blender. Purée until all solid ingredients have broken down.
4. While the blender is running, slowly pour in the avocado oil (½ cup) and extra virgin olive oil (½ cup).
5. Toss the spinach and arugula with just enough vinaigrette to lightly coat.
6. Plate the dressed greens. Serve topped with the orange supremes, blueberries, and almonds.



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Orange, and Fuji Green  
Tea Vinaigrette

## Nutrition Facts

**Serving size 1** (11.8oz)

Amount Per Serving **335g**

**Calories** **468**

**% Daily Value**

**Total Fat** 40.6g **62%**

Saturated Fat 5g **25%**

**Cholesterol** 0mg **0%**

**Sodium** 422mg **18%**

**Total Carbohydrate** 27g **9%**

**Dietary Fiber** 5g **21%**

**Sugars** 19g

**Protein** 4g **9%**

Vitamin A **69%**

Vitamin C **71%**

Calcium **12%**

Iron **11%**