

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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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%