



*Small Changes for a Healthier "U"*



## Spinach and strawberry salad

### **Ingredients:**

- 1 cup baby spinach
- 10 pieces of strawberries halved
- Toasted shaved almond flakes
- Toasted sesame

### **Preparation:**

- Mix the salad and the strawberry
- Garnish with almonds and sesame

**Dressing:** balsamic vinegar, olive oil,  $\frac{1}{2}$  tsp honey, salt and pepper

