

# Chia berry spinach salad



Enjoy this delicious, fresh salad packed with goodness using fresh strawberries and protein packed chia seeds.

## **Ingredients**

- 1 punnet strawberries washed and green leaves removed
- 1 small carrot, peeled and shredded
- 4 cups baby spinach leaves
- 1/2 cup toasted walnut halves
- 2 tbsp chia seeds (for the dressing)
- 2 tbsp Extra virgin olive oil (for the dressing)
- 1 orange (juiced) (for the dressing)
- 1 tsp apple cider vinegar
- 1 tsp balsamic vinegar (for the dressing)
- Pinch of salt and pepper (for the dressing)

**Method:**

1. Cut the strawberries into quarters.
2. Toss all the salad ingredients in a big bowl.
3. Whisk together all the dressing ingredients and mix in the chia seeds.
4. Pour the dressing over and toss to mix before serving.