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.