



Here's a super healthy salad that is loaded in nutrients and flavor. This is what you will need:

1.5 cups baby spinach leaves

1/2 cup blueberries

1 cup whole almonds

1/2 cup of finely sliced red onion

1 cup cherry tomatoes

1/2 cup fresh cheese - Farmers, Cotija, Feta, Panela

1/3 cup olive oil

1/3 cup white wine vinegar

1 tsp sugar

Salt & Pepper

Place the first 6 ingredients in a bowl.

Whisk the olive oil and vinegar. Add the sugar and season with salt and pepper. Drizzle over the salad and toss to coat well. Enjoy!

