



BETH WARREN

NUTRITION

Summertime Salad

A delicious light and fruity salad celebrating summer.

INGREDIENTS

1 box "spring mix"
15 cherries, pitted and chopped
6 pecans, chopped (toasted brings out more flavor)
1 egg, soft boiled
1/4 avocado, sliced
Apple Cider Vinaigrette
1 tsp extra virgin olive oil
1 tsp apple cider vinegar
1 tsp agave
Salt and freshly ground black pepper, to taste

INSTRUCTIONS

Place salad ingredients in a bowl. Whisk together the vinaigrette in a separate bowl and pour onto the salad, or drizzle on top and mix. Eat immediately!