

Spinach Salad

Prep Time: 10 minutes

Spinach Salad:

1 package organic spinach
6-7 Medjool dates - pitted & chopped
1 apple - diced
1/2 cup chopped walnuts

Instructions:

Mix ingredients and enjoy.

Recipe Credit:

Nikki Sessler

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org