

VeraVia – Waldorf Salad

Ingredients:

3 cups spinach and picked parsley
¼ cup each grapes, chopped apples and blueberries
¼ cup each diced celery, red onion, chickpeas

Dressing:

¼ cup plain Greek yogurt
2 tbsp. apple cider vinegar
1 tsp. mustard
1 tsp. honey
1/8 tsp. chili flakes
Salt and pepper

Method:

- Combine in a large bowl and toss.