

Beet and Apple Salad

Ingredients

Mixed greens

Pecans

Apples (sliced)

Beets (cooked and diced) or
canned beets

Oil free balsamic dressing (see
recipe below)



Directions

Combine all ingredients in desired quantities and top with oil free balsamic dressing.

Oil Free Balsamic Dressing

4 servings

Ingredients

¼ cup + 2 Tbsp Balsamic Vinegar

3 Tbsp Dijon Mustard

2 Tbsp Maple syrup

½ tsp dried oregano

½ tsp dried basil

Directions

Combine all ingredients together in an airtight jar and shake until combined.