

Fresh Fruit and Vegetable Salad



Indulge in the vibrant harmony of our Fresh Fruit and Vegetable Salad. A gourmet symphony of flavors, textures, and vitality, creating a feast for your senses. Celebrate divine freshness and tantalize your taste buds with every delightful bite!

Preparation 10 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 115

Fat 4

Carbohydrates 19

Fibre 4

Protein 1

Sodium 10

Ingredients

- 250 ml (1 cup) strawberries, cut in half
- 125 ml (½ cup) blackberries
- 1 honeycrisp apple, seeded and sliced
- 2 handfuls (about 500 ml / 2 cups) fresh baby spinach
- ½ cucumber, cut into half slices

- 1 medium red bell pepper, cut into strips

Vinaigrette:

- 30 ml (2 tbsp) red wine vinegar
- 15 ml (1 tbsp) extra virgin olive oil
- 15 ml (1 tbsp) maple syrup
- 1 pinch of pepper

Preparation

1. In a medium serving bowl, combine all fruits and vegetables. Set aside.
2. In a small bowl, combine dressing ingredients.
3. Drizzle dressing over salad and serve immediately or set aside in the refrigerator until ready to serve.

Notes



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