

| Blackberry Spinach Salad | |
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| Ingredients | Instructions |
| <ul style="list-style-type: none">• 3 cups fresh spinach• 1 pint blackberries• 6oz feta, crumbled• 1 pint cherry tomatoes, halved• 1-2 green onions, finely chopped• ¼ cup walnuts, chopped fine (or pecans or almonds) (optional)• ½ cup edible flowers, like nasturtiums (optional)• Dressing: (optional, tastes great with or without)• 2 tbsp olive oil• 1 tbsp balsamic (or apple cider) vinegar• 1 tsp honey• Bacon bits (optional)• Salt and pepper to taste | <ol style="list-style-type: none">1. Assemble: In a large bowl, combine spinach, blackberries, feta, nuts, green onion, and cherry tomatoes.2. Dressing: (Optional) Whisk together olive oil, vinegar, honey, bacon bits, salt, and pepper.3. Toss & Serve: Drizzle the dressing over the salad and gently toss to coat. Serve fresh. |