

Spring Berry Salad

Equipment: Salad Bowl, cutting board, small knife

Prep Time: 5 minutes

Number of Servings: 4-6, depending on ages

4 cups Spring Mix, organic, Earthbound Farm KKA

1 cup fresh strawberries, rinsed, sliced

1 cup blueberries, fresh or, 1/2 cup dried

1/2 cup carrots, shredded (organic)

1/2 cup mandarin orange slices

1/2 cup pine nuts or slivered almonds

Place in salad bowl. Very gently stir together.

Parmesan Vinaigrette Dressing to taste

Better to go light in the amount than drench a salad in dressings. Very gently stir it into salad mix. Serve!

OPTIONS: Replace slivered almonds with pine nuts.

8 God-made Food Colors: green, purple, white, red, blue, orange, tan, golden

4 Food Groups: vegetables, fruit, nuts, EFAs (essential fatty acids)

PERFORMANCE RATING: 8/4

Super fast, super healthy, super delicious! Strawberry season is starting. It is hard to find and expensive to buy organic ones. Do so if you can. If not, be sure to rinse your berries well. In this salad, these are surrounded by organic spring mix and carrots so eating few will be fine. Mixing strawberries with blueberries changes children's perspective on salads, especially since this one is so colorful! Adding mandarin orange slices is your insurance package. For fussy kids, take our the feathery white Frisee or chop it finely.

It is hard to beat an 8 God-made Food Color rating! That's one good reason to use a Spring Mix as it ups these numbers. If you want to add yellow to make a nine color rainbow salad, thinly slice a yellow squash or add some yellow tomatoes. This salad is a phytonutrient power house salad which will load your kids up with immune fighters along with lots of vitamins and minerals. Your kids will dive for the berries and before they will know it, they'll have eaten the whole salad!