



## ***Spinach and Strawberry Salad***

### *Ingredients:*

- 200g fresh spinach
- 200g fresh strawberries
- 1/4 cup chopped walnuts
- 1/4 cup crumbled feta cheese (optional)
- 2 tablespoons sunflower seeds (optional)
- For the dressing:
  - 3 tablespoons extra-virgin olive oil
  - 2 tablespoons balsamic vinegar
  - 1 tablespoon honey
  - Salt and pepper to taste

### *Instructions:*

1. Wash the spinach and strawberries well under cold water. Drain and pat dry with paper towels or a clean cloth.
2. Remove the stems from the spinach if they are too large and place them in a large bowl.
3. Thinly slice the strawberries and add them to the bowl with the spinach.
4. Add the chopped walnuts and crumbled feta cheese (if using) to the bowl.
5. In a jar with a tight-fitting lid, add all the dressing ingredients: olive oil, balsamic vinegar, honey, salt and pepper. Close the jar and shake vigorously to combine the ingredients.

6. Pour the dressing over the salad and toss gently to make sure all the ingredients are well coated.
7. Sprinkle sunflower seeds on top of the salad if desired for extra texture and nutrients.
8. Serve the spinach and strawberry salad immediately and enjoy it as a fresh and healthy dish.

This salad is an excellent choice for people with anemia, as the spinach is rich in iron and the strawberries contain vitamin C, which aids in iron absorption. I hope you enjoy it!

