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Flip Cookbook

Girl geek foodies making healthy cooking fun and easy.



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-- Main Menu --

Jul
15

By [Raj](#)

Strawberry Spinach Salad with Cider Dressing

Category: [Gluten Free](#), [SCD](#), [Vegan](#), [Vegetarian](#) | Tags: [Avocado](#), [Condiments](#), [Pecans](#), [Salads](#), [Spinach](#), [Strawberry](#) | [Leave a Comment](#)



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Here's a secret about me: I love blistering heat. Wait – I think just about everyone knows this about me. Yes, I'm the person who wears knit gloves for a morning run. I am also the one who has a portable heater at the office desk because the AC is just too bitter cold. When the summer sun dazzles the world with all it's energy, I am definitely at my happiest.

Despite all the love I have for solar rays, I do treasure a cool escape when it comes to food on a hot day. Eating something hot often puts me to sleep (much like a happy cat in a sunny window). That's why I love this salad. It's refreshing and energizing. It's really packed with yummy flavors and textures: sweet tartness of the strawberries, smooth crunch of the baby spinach, and a tangy citrus of the dressing.

Pair this with a [cool drink](#) for a complete lunch or have as a side salad with your dinner.

Enjoy!

Strawberry Spinach Salad with Cider Dressing

Makes: 2 servings

Ready in: 15 minutes

Ingredients

For the dressing:

- 1 tablespoon honey
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon lemon juice

For the salad:

- 2 cups baby spinach
- 1 avocado
- 10 strawberries
- 1/2 cup chopped pecans

Directions



1. Wash the strawberries. Slice off the green top and slice the strawberries lengthwise into 1/4 inch thick slices.



2. Chop the avocado into chunks.



3. (Optional Step) Toast the pecans in a toaster oven (conventional works too).



4. Using a blender, blend together (or mix in a bowl) the dressing ingredients.



5. In a medium bowl, toss together all the salad ingredients and the dressing. Serve immediately or store in the refrigerator for later.

Nutrition Facts	
Serving Size 1/2 of recipe 228g (228 g)	
Amount Per Serving	
Calories 484	Calories from Fat 374
% Daily Value*	
Total Fat 44g	68%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 31mg	1%
Total Carbohydrate 25g	8%
Dietary Fiber 9g	37%
Sugars 13g	
Protein 5g	
Vitamin A 59% • Vitamin C 92%	
Calcium 7% • Iron 13%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
©www.NutritionData.com	



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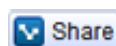


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Welcome!



We're Raj and Sonia - two friends passionate about healthy cooking. We focus on gluten-free, refined sugar-free and vegetarian recipes. Being engineers - we've broken down the recipes into simple steps EACH with a picture - this way you can easily recreate the recipe in your kitchen (or tell us how to do things better). [Read more about us and the path that got us here...](#)

velvet *Aroma*



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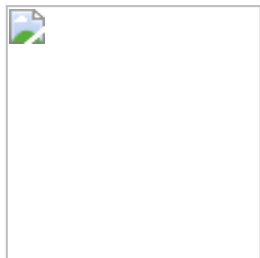




Masoor Dal (Red Lentil Soup)

Have Your Say

- Majd: In the middle east we eat date syrup (dibis) with tahini paste, you just mix them together and enjoy :)...
- divya: hi, i live in delhi(india). i am vegetarian. my son is 4 and has language delay. i was interested in trying...
- Belajar SEO: Thanks for finally talking about > Sugar Free Sunday – May 8, 2011 | Flip Cookbook < Liked...
- Shauntel Cooley: Love love love this idea. I will be following your explorations. So glad to see other vegetarians in...
- Caroline C.: I have to make these every week and sometimes twice each week! My boyfriend has a recent wheat allergy...
- Edel: I made these a couple days ago and they're gone (and I'm the only one who eats my...
- Linda: You don't even have to cook the cloves of garlic....just add 1-2 cloves of smashed mashed garlic...
- Wendy: For all of you worried about the cheese if you are lactose intolerant, cheddar cheese is lactose free! I...



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