

# Nummy Salad

1 head Romaine chopped  
½ c. almonds chopped  
½ c. dried fruit  
1 carrot grated  
½ bell pepper chopped

## Dressing

½ onion cut  
¼ c. maple syrup or honey  
2 t. Mustard powder  
1 t. Himalayan salt  
½ c. Apple Cider Vinegar  
¾ c. oil- olive or another of your choice  
1t. Poppy seeds (optional)

Prepare all the salad and set in a bowl. For the dressing, add all the ingredients into a blender and puree. Pour dressing over salad and enjoy.

Recipe by Kelly Pomeroy