

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Spinach and Berry Salad

1 large box of organic spinach

1 cup blueberries

1 cup raspberries

2 cups strawberries, sliced

1/2 stock of celery, chopped

1 bunch of green onions, chopped, including greens

Candied Almonds

2 cups raw almonds coarsely chopped

1/4 cup raw honey

1-2 teas cinnamon

Pinch of salt

Dressing

1/2 cup sliced strawberries

1/2 medium white onion chopped

2 cloves of garlic minced

1/4 cup raw honey

1/2 cup apple cider vinegar

Olive oil

Salt and pepper to taste

For the dressing;



In a food processor, add strawberries, onion, garlic, honey, and vinegar. Process until smooth. Continue processing while drizzling the olive oil into mixture until your desired consistency is reached. Add salt and pepper to taste and add more honey if desired. Set aside.

For the almonds;

Preheat oven to 350 degrees. Coarsely chop the almonds until you have 2 cups. In a large bowl mix the almonds with the honey, cinnamon and pinch of salt until evenly coated. Spread onto a parchment lined baking sheet and bake for 10 minutes to lightly toast. (Watch them so they are not over done) Stir the almonds often when out of the oven until cool. Enjoy!