



## Spinach Salad with Blueberries, Almonds & Feta Cheese

**Active Time:** 5 minutes | **Total Time:** 5 minutes | **Serves:** 4

### Nutrition Information Per Serving

131.3 calories, 14.86 g carbohydrate, 3.88 g fiber, 10.98 g NET carbs, 5.63 g protein, 6.79 g fat

#### Ingredients

- 2 ounce(s) organic, plain feta cheese
- 8 ounce(s) organic baby spinach
- 2 cup(s) organic blueberries
- 1/4 cup(s) organic slivered almonds

#### Preparation

1. Arrange spinach on plates.
2. Top each with 1/2 cup blueberries, 1 Tbsp. slivered almonds and half an ounce of feta cheese.
3. Drizzle with homemade dressing of choice.
4. Serve.

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