

Blackberry Manchego Salad

Recipe by Lynsey Walker from Joyous Health

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Ingredients:

Blackberry Manchego Salad

- leafy greens
- blackberries
- roasted almonds, roughly chopped
- red onions, thinly sliced
- Manchego cheese, shaved into thin strips

Balsamic Dressing

- 1 tbsp balsamic vinegar
- 3 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp honey

Instructions:

1. Combine all the ingredients together in a bowl.
2. Whisk dressing ingredients together in a separate bowl, or mason jar.
3. Top salad with dressing and lightly toss to combine. Add more shaved cheese as needed.

Notes:

The amounts given for the dressing will make enough for two people.