



## BLACKBERRY SPINACH SALAD WITH POPPYSEED DRESSING

By Dr. Cindy Tanzar  
(Standard/Vegan)

Fresh blackberries in season are not only great tasting, but are also a powerhouse of nutrition. They are very high in fiber and have one of the highest antioxidant contents of any food tested. They also contain specific phytonutrients that have been shown to protect the brain from oxidative stress and help reduce the effects of age-related conditions like Alzheimer's disease and dementia. Blackberries also aid in the fight against cancers in the gastrointestinal tract, such as colon cancer. The creamy poppyseed dressing will become a favorite on any salad, but works very well with the sweetness of the berries.

One serving of this recipe covers your vegetable, fruit and fat (2-3 Tbsp) for one meal. You can also add 3 oz of chicken for a complete meal.



### INGREDIENTS

For an individual salad:

2 cups fresh organic baby spinach or spring mix

1 cup blackberries

Option: Red onion, sliced thin (part of the 2 cups salad)



### **Poppyseed Dressing (makes 16 servings)**

1/2 cup white vinegar  
1/3 cup Swerve (granular or confectioners)  
1 tsp. Pink Himalayan salt  
1 tsp. ground dry mustard  
1 tsp. grated onion  
1 cup extra virgin olive oil  
1 Tbsp. poppyseeds (found in the spice aisle)

*If you like it a bit sweeter, you can add drops of stevia to your liking.*

### **INSTRUCTIONS**

Place salad ingredients into a bowl and set aside. Combine all salad dressing ingredients into a bullet or blender and mix until oil is well incorporated. Add poppyseeds and mix well with a spoon.

Pour 2-3 Tbsp of the dressing over your salad and mix well.