



# Fruit & Nut Salad

## TOSS IN A BOWL

Watercress or arugula, and mixed greens

Roasted Pine Nuts or cashews

Cubed ripe mangoes

Kesong Puti

Sugar Beets

Baked Cherry Tomatoes

## DRESSING

1/4 c apple cider vinegar

1/2 teaspoon dijon mustard

1/4 teaspoon sea salt

1/4 teaspoon freshly ground black pepper

1/4 cup extra virgin olive oil (best quality)

1 tablespoon mixed herbs chopped basil and parley

Mix all of the dressing ingredients in a bottle.

Shake the bottle vigorously, or use a blender to mix.