

## Green Apple and Berry Salad with Maple Dijon Dressing

### Ingredients

#### *Dressing*

- 1 tablespoon (heaping) Dijon mustard
- 1 tablespoon maple syrup
- 3 tablespoon apple cider vinegar
- ¼ cup olive oil
- salt and pepper, to taste

#### *Salad*

- 12 ounces (4-5 cups) spinach, arugula or mixture
- 2 whole green apples, cubed
- ¼ cup toasted nuts (walnuts, pecans, almonds)
- ½ cup blueberries, raspberries or strawberries
- 1 large carrot, shredded
- ½ cucumber, seeded and sliced
- 2 ounces crumbled goat cheese (optional)

### Preparation

1. Combine first 5 ingredients in a small bowl. Stir with a whisk until emulsified (or shake in a small jar).
2. Combine all salad ingredients in a large bowl. Drizzle with dressing mixture; toss to coat.