

Crunchy Cucumber & Cranberry Salad

Soups & Salads



ingredients

Dressing:

- 1/3 cup** avocado oil
- 1/4 cup** sparkling apple juice or clear soft drink (e.g. 7-up)
- 1 Tbsp** apple cider vinegar
- 1 ½ tsp** fancy molasses
- 1 tsp** maple syrup
- 1 Tbsp** fresh basil, minced
- 1 ½ tsp** fresh mint, minced
- 1 clove** garlic, minced
- 1/4 tsp** salt
- 1/2 tsp** pepper

Salad:

- 2 cup** baby spinach, coarsely chopped
- 3 pc** English cucumbers, julienned or spiralized and chopped
- 1 cup** fresh snap peas, cut into ½-inch pieces
- 1 cup** dried cranberries
- 1/2** cup sliced almonds, toasted

instructions

- To make the dressing, combine the first 10 ingredients in a small bowl. Set aside.
- In a large bowl, combine the spinach, cucumbers, snap peas, and cranberries.
- Just before serving, pour dressing over the salad and toss to coat. Put in serving dish and sprinkle with toasted almonds. Serves 8



BC Cranberry Marketing Commission Recipe Contest