



Health - Energy - Fitness - Confidence

Festive cranberry & blue cheese salad

for the salad:

50g apple, sliced
the juice of ½ a lemon
1 large handful mixed salad leaves
15g blue cheese, crumbled (e.g. stilton)
8g walnuts, broken
5g dried cranberries

for the dressing:

10ml extra virgin olive oil
10ml fresh orange juice
¼ tsp sea salt
1 tsp honey
5ml apple cider vinegar
1 tsp fresh lemon juice

Serves 1

Per serving:
292 calories
6g protein
22g carbs
20g fat

Squeeze the juice of ½ a lemon over the sliced apple. Set aside.

Mix all of the dressing ingredients together until well combined. Set aside.

Arrange the salad leaves, walnuts, cranberries and cheese in a serving bowl.

Add ½ of the dressing and mix well. Serve.

Store any leftover salad in an airtight container and refrigerate for up to 24 hours.

