

# Strawberry Spinach Salad

A refreshing and vibrant salad combining fresh spinach, sweet strawberries, crunchy almonds, and tangy feta cheese, all tossed in a homemade balsamic poppy seed dressing. This includes Wild Strawberry tea to enhance the fruity flavor.

**PREP TIME:** 15 minutes

10 oz fresh baby spinach  
1-qt strawberries, quartered  
1/2 red onion, thinly sliced

1/4 C almond slices, toasted  
4 oz feta cheese, crumbled  
1 T Wild Strawberry tea

**BALSAMIC POPPY SEED DRESSING:**

1/2 C extra virgin olive oil  
1/4 C balsamic vinegar  
1/2 C white sugar

1 T poppy seeds  
1 T minced red onion

**MAKE THE DRESSING:** Combine all dressing ingredients in a mason jar. Shake well until the sugar is dissolved and the dressing is combined.

**PREPARE THE TEA:** Brew 1 T of Wild Strawberry tea in 1/2 C of hot water for 5 minutes. Let it cool.

**ASSEMBLE THE SALAD:** In a large bowl, combine the spinach, strawberries, red onion, and toasted almond slices. Lightly dress the salad with the balsamic poppy seed dressing and the brewed tea right before serving, reserving the rest of the dressing on the side for people to add more if desired.

**SERVE:** Top with crumbled feta cheese and serve immediately.