

Salad with kiwis and spinach

Ingredients required for 4 persons

Preparation time 15 minutes

Difficulty easy

Ingredients

- 100 g baby spinach
- 2 kiwis
- 1 avocado
- pomegranate seeds
- salt and pepper
- 2 EL apple orange balsamic vinegar
- 2 EL pomegranate seed oil or
- 2 EL macadamia oil



Preparation

Wash baby spinach and allow to drip. Peel kiwis and avocado, cut in thin slices and serve in flat bowls. For the dressing, mix apple orange balsamic vinegar, pomegranate seed oil or macadamia oil, salt and pepper and pour over the salad.

By the way

Pomegranate seeds can be collected very easily: Put cold water in a large bowl. Cut the pomegranate into quarters and immerse in the bowl of water. Release the seeds underwater with your fingers. The white skin of the pomegranate will rise to the surface and can be skimmed. When you are done, pour the content of the bowl through a sieve to collect the seeds.