



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BERRY FETA SALAD

Time: 10 minutes

Serves: 4

Ingredients:

8 cups baby spinach
1 cup fresh blueberries
1 cup fresh raspberries
1 tablespoon balsamic vinegar
¼ teaspoon freshly ground black pepper
¼ cup feta cheese - crumbled

Preparation:

Cover either a large bowl or individual serving bowls with the spinach then top evenly with the berries.

Drizzle the balsamic vinegar over the salad and sprinkle it with the pepper.

Sprinkle the cheese over the salad and serve immediately.

Nutritional Information Per Serving:

Calories: 75
Fat: 3g
Carbs: 12g
Fibre: 4g
Protein: 4g