

Mango, Blueberry Salad with Candied Pecans and Feta

Yield: 2 Servings

Ingredients

What we Provide:

- 1 cup Blueberries
- 1 Mango
- 2 oz Feta
- 1 Avocado
- 2 oz Candied Pecans
- 2 Packets Mango Poppy Seed Dressing
- 5 oz Spinach or your favorite greens

From your pantry:

- 1 Salt (coarse to taste)
- 1 Pepper (ground to taste)
- 1 Clove garlic
- 1 Basil Leaves (mint, cilantro leaves, optional)
- Lime to taste

Nutrition Information

1 Total Fat
30 g
1 Saturated Fat
1 Trans Fat
1 Unsaturated Fat
26 g
1 Cholesterol
mg
1 Sodium
56 mg
1 Carbohydrates
52 g
1 Fiber
15 g
1 Sugar
33 g
1 Protein



Method

1. Combine the ingredients. Combine the mangoes, avocado, blueberries mint, basil, and cilantro in a medium bowl.
2. Add squeeze of lime. Add this mixture to your greens and drizzle with dressing and feta. Top with candies nuts.

Season. Enjoy!

Allergens: Nuts, prepared in a facility that may contain gluten.
Allium, Dairy.