

Spinach Salad With (No) Honey Mustard Dressing

My all-time favourite dressing with raw spinach. The dressing is without oil and super easy to make. I also like to add some fruit to this salad to add to the spicy sweetness of the dressing.



Categories

Gluten-free

Yields: 1 serving

Preparation time: 10 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw

Ingredients

Spinach, raw	1 bunch
Orange, fresh	1 medium - 2 5/8" diameter
Avocado, black skin (hass)	1 each
Brown mushrooms (italian or crimini mushrooms), raw	10 each
Dijon mustard	0.25 cup
Maple syrup	1.5 tablespoon
Cider vinegar	0.5 tablespoon
Salt, sea salt	1 dash
Black pepper, ground	1 dash
Garlic, powder	0.25 teaspoon
Red pepper (cayenne), ground	0.1 teaspoon

Instructions

1. Place one head or one package of cleaned and cut spinach into a large bowl.
2. Cut into pieces one avocado, one orange and mushrooms and add to the bowl. (green onion is optional) Set aside.
3. Start making dressing. In a small bowl combine, maple syrup (add enough maple syrup to taste), Dijon mustard, vinegar, salt, black pepper, garlic powder and just a dash of cayenne. (A bit of olive oil is also optional). Stir or whisk until well combined.
3. Add salad to bowls and pour dressing over top. Left over salad and dressing can be stored in the fridge for up to 3 days (longer for the dressing).