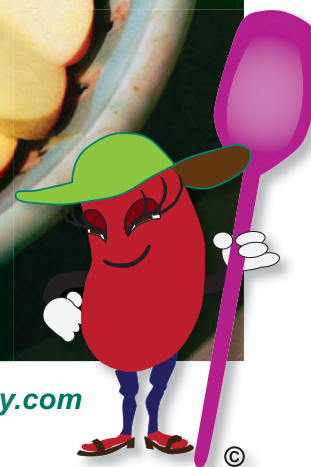


Beans, Rice And Everything Nice

Apple Spring Mix Salad with Sweet Mustard Dressing



original recipe by beansriceeverythingnice.weebly.com



Sweet Mustard Dressing

makes 1 cup

- 1/2 cup peeled and chopped zucchini
- 1/4 cup apple juice concentrate
- 1/4 cup Dijon mustard
- 1/2 teaspoon garlic powder or 1 clove garlic (optional)

Peel and chop the zucchini and add it to a blender jar along with the rest of the ingredients. Puree until smooth.

Apple Spring Mix Salad

serves 2 – 4

- 4-6 cups spring mix salad greens
- 1 stalk celery, sliced
- 1/3 cup sliced water chestnuts, slivered
- 1/2 an apple, sliced
- 1/2 cup Sweet Mustard Dressing

Fill your salad bowl with washed spring mix. Pour about 1/2 cup of the dressing (more if you wish) on the greens and toss to coat. Add the rest of the ingredients. Drizzle with a little more dressing and serve.