



Leafy salad with yoghurt dressing

Ingredients

- 1/4 cup olive oil
- 4 tablespoons of white wine or apple cider vinegar
- 1 cup of yoghurt
- 2 cloves of garlic finely crushed
- 2 teaspoons of honey
- 1 teaspoon of salt
- 1 teaspoon of paprika

Method

- Combine all above ingredients into a jar shake well and set aside
- Shake just before pouring on salad

Salad

A selection of seasonal greens herbs and vegetables

Options

Celery

Lettuce

Rocket

Fresh herbs

Beans

Snow peas

Boiled eggs

Cucumber

Wash well all your ingredients in the salad spinner ensuring everything is clean and dry.

Scatter your leaves onto 2 platters

Chop the beans peas boiled eggs and herbs and add to your leafy greens

Pour over your dressing and serve.