



RECIPE 1

SWEET & SOUR FRUIT SALAD

SVG

PREP TIME

4-6

10 MIN

- 2 bunches of Spinach (cleaned and remove stems)
- 1/2 cup blueberries
- 1 cup strawberries remove stem and slice
- 1 cup orange segments or mandarin oranges
- 1 cup green or red grapes
- 1 cup pineapple chunks (fresh when available)
- 1 1/2 cup crispy chow mein noodles
- 1 cup of Feast from the East Sweet Sour Dressing

DIRECTIONS

- Layer Fresh spinach leaves at the bottom of a shallow salad bowl.
- Layer fruits all over the Spinach
- Sprinkle chow mein noodles on the parameters of the salad
- Pour Feast from the East Sweet Sour Dressing right before serving

