

*SPINACH SALAD AND  
SLICED PARMESAN*

Serves 4

1 bunch fresh baby spinach  
1 cup Parmesan, finely sliced  
1 cup walnuts, chopped  
2 tablespoons olive oil (extra virgin, first cold pressed, and organic)  
Juice of 1 fresh lemon  
Celtic sea salt and pepper to taste

In a large bowl, mix the spinach, the Parmesan and the walnuts.

As condiment, use one of our dressings or simply pour some oil, lemon juice and salt and pepper to taste.