

Blueberry Broccoli Spinach Salad: A Fresh and Flavorful Summer Favorite

Blueberry Broccoli Spinach Salad



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INGREDIENTS

For the Salad:

- 4 cups baby spinach leaves
 - 1 cup broccoli florets, lightly steamed or raw
 - 1 cup fresh blueberries
 - 1 ripe avocado, sliced
 - 1/3 cup dried cranberries
 - 1/4 cup crumbled feta cheese
 - 2 tablespoons sunflower seeds
 - Salt and freshly cracked black pepper, to taste
- Optional Honey-Lemon Vinaigrette:
- 3 tablespoons olive oil
 - 1 tablespoon lemon juice
 - 1 teaspoon honey
 - 1/2 teaspoon Dijon mustard
 - Pinch of salt and pepper

DIRECTIONS

1. In a small bowl, whisk together the olive oil, lemon juice, honey, Dijon mustard, salt, and pepper until smooth and well combined. Set the dressing aside.
2. In a large bowl, add the baby spinach, broccoli florets, fresh blueberries, sliced avocado, dried cranberries, crumbled feta, and sunflower seeds.
3. Drizzle the honey-lemon vinaigrette over the salad.
4. Gently toss everything together until the ingredients are lightly coated. Be careful not to mash the avocado.
5. Finish with a little freshly cracked black pepper and serve immediately.
6. This salad is best served chilled, especially on warm days when you want something crisp and refreshing.

SWAPS & NOTES

Baby spinach gives this salad a tender base, but mixed greens or arugula can work if you want a slightly different flavor.

Arugula adds a peppery edge that pairs nicely with the sweet fruit.

Broccoli can be used raw for maximum crunch, or lightly steamed if you prefer a slightly softer bite.

If using raw broccoli, cut it into small florets so it blends nicely with the spinach and other ingredients.

TIPS FOR SUCCESS

One of the easiest ways to make this salad shine is to use the freshest produce possible.

Since the ingredients are simple and raw, their quality really matters.

Sweet blueberries, ripe avocado, and tender spinach make a big difference in the final result.

If you are making the salad ahead, wait to add the avocado and dressing until just before serving.

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