Blueberry & Avocado Salad

Ingredients:
- 1 Large, ripe avocado, cut in slices
- 1 Cup fresh blueberries
- 1 Cup diced fresh apple
- 1 Cup fresh chopped peach
- 8 oz. Package mixed greens
- 1/4 Cup chopped green onion
- 1/4 Cup chopped walnuts
- 2 Tsp. honey
- 1/2 Tsp. Dijon mustard
- 1/2 Tsp. ground cinnamon
- 1/4 Cup apple cider vinegar
- 1/2 Cup walnut oil
- 1/8 Tsp. salt & black pepper.

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Dressing: Mix honey, mustard, cinnamon. Add vinegar & oil until dressing is creamy. Stir in salt and pepper to taste. Yields about 3/4 cups

Preparation: Combine avocado, apple, peach and blueberries in a bowl with 4 tbsp of dressing. Toss salad greens in a salad bowl with 1/4 cup dressing, and fruit/avocado mixture on top of each greens serving. Sprinkle chives and walnuts to serve.

Nutritional information for 1 cup serving:

Calories 290, Fat 27 gm Fiber 5 gm, Cholesterol 0 mg, protein 3gm, Sodium 80 mg   Rev.01/2010