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yourself
running
healthy!



Fruit Salad Parfait

Prep: 10 min. Makes: 4 servings



1 pkg. (5 oz.) DOLE® Baby Spinach
or other DOLE Salad variety
4 cups assorted fruit, cut into bite-size pieces (e.g.,
cantaloupe, banana, orange, pineapple, apple, kiwi fruit,
raspberries, blackberries, strawberries, etc.)
Poppyseed Dressing (recipe below)
Toasted walnuts

Alternate layers of spinach with fruit in four goblets or
glass bowls. Drizzle with Poppyseed Dressing. Garnish with
toasted walnuts.

Poppyseed Dressing

Whisk 1 Tbsp apple cider vinegar, 1/2 tsp dry mustard, 1/2 tsp
honey, 1/8 tsp salt, 3 Tbsp plain or vanilla yogurt, 1-1/2 Tbsp
vegetable oil and 1/2 tsp poppy seed. Add 1 to 2 tsp water to thin.



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