



BE BOLD SALAD

Ingredients:

1 8 oz bag of baby spinach

1 grapefruit or 3 cuties, peeled and chopped

1 cup of strawberries, sliced

1 BeBOLD bar of choice crumbled

Dressing:

¼ cup extra virgin olive oil

Juice of 1 lemon

1 teaspoon honey or agave

Directions:

- In a large bowl combine spinach, grapefruit or cuties, and strawberries.
- In a cup combine olive oil, lemon juice, and sweetener of choice.

- Drizzle dressing on salad.
- Crumble 1 BeBOLD bar over salad
- Enjoy!

Recipe Created by Sheri Berger

www.sheriberger.com

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