



LIVE HEALTHY RECIPE

Blueberry Salad

Blueberries served over fresh baby greens for a sweet and savory breakfast salad.





LIVE HEALTHY RECIPE

Blueberry Salad

INGREDIENTS:

- (2-1/4 tsp) Mustard
- (1-1/3 tbsp.) Brown Sugar
- (1-1/2 tsp.) Shallots
- (1/2 tsp.) Salt
- (3/8 tsp.) Pepper
- (3/8 tsp.) Paprika
- (3/4 cup) Frozen Blueberries
- (3/4 cup) Oil
- (8 ounce) Spring Mix
- (3 cup) Blueberries, Fresh
- (3 cup) Orange, Mandarin
- (1-1/2 cup) Granola with Raisins and Almonds

Follow Our Recipe

PREP TIME: 5 TO 10 MINUTES | COOK TIME: 30 TO 45 MINUTES | YIELD: 6 SERVINGS

DIRECTIONS:

1. Make blueberry vinaigrette dressing. In a food processor container, combine olive oil, frozen blueberries (thawed), Dijon mustard, brown sugar, shallot, salt, white pepper, and paprika. Process until mixture is smooth. Chill at least 30 minutes to blend flavors.
2. Toss salad greens with 3/4 of the blueberry vinaigrette dressing and divide dressed greens among large plates.
3. Arrange 1/2 cup mandarin orange sections and 1/2 cup blueberries on top of each salad.
4. Sprinkle each salad with 1/4 cup granola. Drizzle remaining dressing on top.
5. Portion size: 10 oz each salad, 1/4 cup granola. Hold cold for cold service.

HEALTH BENEFITS OF BLUEBERRIES:

Blueberries Are Low in Calories But High in Nutrients The blueberry bush is a flowering shrub that produces berries with a bluish, purple hue — also known as blueberries. It is closely related to similar shrubs, such as those that produce cranberries and huckleberries.