

## **Spinach Salad**

Mix together:

2 Tbsp of soy mayonnaise

2 Tbsp of Astro Yogurt

1 tsp of celery seeds

1 tsp of white wine vinegar

1 tsp of powdered mustard

Pan roast handful of sliced almonds.

Wash and place in bowl one package of organic spinach, several tablespoons of soy bacon bits, 3 sliced hard boiled free range eggs, 5-6 sliced mushrooms, handful of dandelion sprouts cut in half, one or two cooked and cubed breast of chicken (optional). Add the dressing and roasted almonds and mix well. Serve immediately.