



## **BERMUDA ORANGE SALAD with LIME POPPY SEED MINT DRESSING**

### Ingredients

Mixed salad greens: Arugula, red leaf lettuce, baby spinach or your favourites

Extra thinly sliced Bermuda onion

Sliced Haas Avocado

Navel, Blood orange or mixed orange slices

### **Lime Poppy Seed Mint Dressing**

½ c fresh lime juice (Key limes are most like the Bermuda variety)

¼ c light Agave syrup

1/3 c virgin olive oil

1 T apple cider vinegar

1 t. Dijon mustard

½ t salt

1 T poppy seeds

4-5 fresh mint leaves

Add all ingredients to a blender except the seeds and pulse till the ingredients are well mixed. Add poppy seeds and pulse only once or twice to mix them in. Add more Agave syrup if more sweetness is desired.

Decorate platter with salad ingredients and serve dressing separately.

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