



### **Spinach, Pomegranate & Avocado Salad**

The sunflower seeds and spinach in this salad are top-notch sources of magnesium, which enables your body to create dopamine. The avocado's vitamin B6 produces serotonin, a calming neurotransmitter

#### **Ingredients**

Serves 6

1 pomegranate

1/4 cup fresh lemon juice

1 teaspoon Dijon mustard

2 tablespoons olive oil

Coarse salt and ground pepper

2 bunches flat leaf spinach, stems trimmed, well washed and dried

2 tablespoons roasted, hulled sunflower seeds

1 Hass avocado

**Note:** Adjust dressing ratios according to your tastes if too tart add a bit of agave syrup or honey.

**Directions:** Halve pomegranate lengthwise and seed. Working in a bowl of cold water, use your hands to separate seeds from membrane. Membrane will float to the top; discard. Scoop out pomegranate seeds and pat dry.

In a large bowl, whisk together 3 tablespoons lemon juice, mustard, and oil; season with salt and pepper. Toss spinach, sunflower seeds, and pomegranate seeds with dressing in bowl. Transfer to a serving platter.

Halve avocado and remove pit. Scoop out flesh and thinly slice lengthwise; drizzle with remaining lemon juice. Transfer to plate and arrange salad on top. Serve immediately.

**NOTE:** Sometimes I add a bit of POM juice to the dressing for color and flavor