

# Spinach Salad with Poppy Seed Dressing

Yield: 6 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-poppy-seed-dressing-recipe>

## Ingredients:

- poppy seed dressing
- 2 tablespoons maple syrup real
- 2 tablespoons apple cider vinegar
- 2 tablespoons shallots minced
- 2 teaspoons Dijon mustard
- salt
- pepper
- 1/3 cup extra-virgin olive oil
- 1 teaspoon poppy seeds
- salad Spinach
- 5 ounces baby spinach
- 1 apple cored and thinly sliced
- 1 cup red seedless grapes sliced in half or quartered if large
- 1/2 cup dried cranberries
- 2 scallions chopped
- 1/3 cup crumbled blue cheese

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 5 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 260 milligrams
9. Sugar: 12 grams

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