

## Spring Mix Poppy Seed Salad – makes 1 serving



### Ingredients:

- 3 cups Spring mix salad
- 1 tbsp. Raw or toasted pumpkin seeds
- ½ tbsp. Sunflower seeds
- 2 tbsp. Dried unsweetened cranberries
  - o Or you can use fresh fruit like strawberries or blueberries!
- ~1tbsp. Goat cheese
- 3oz. Chicken
- Poppy seed dressing to taste

### Directions

1. Combine all ingredients and enjoy! 😊