**Spinach Salad with Raspberry Vinaigrette**

Serves 4

Ingredients

* 1 clove garlic
* 1 Tbsp. onion, minced
* ½  tsp salt
* ½  tsp pepper
* ½ tsp dijon mustard
* 1 cup raspberries, blended
* 1 Tbsp. red wine vinegar
* 3 Tbsp. olive
* 5 cups baby spinach
* Craisins (optional)
* Nuts or Seeds (optional)

Directions

Add the following ingredients to a bowl or blender:

1. First, smash the garlic with the back of a spoon to increase strength (crushed garlic reacting with air causes oxidation, increasing its health benefits!)
2. Mince onion and add to bowl
3. Add salt and pepper, dijon MUSTARD
4. Add  oil vinegar, and raspberries and blend or whisk together
5. In large mixing bowl, mix together baby spinach and craisins, nuts or seeds (optional)
6. Pour dressing on top, toss and serve!