



**ROAST PUMPKIN AND
CRANBERRY SALAD**

INGREDIENTS

- ☑ 300 gm Japanese pumpkin
- ☑ 1/2 a sliced small red onion
- ☑ 200 gm baby spinach leaves
- ☑ 50 gm dried cranberries
- ☑ 50 gm toasted pepitas
- ☑ 100gm roasted almonds chopped
- ☑ Dressing
- ☑ 2 tbsp olive oil
- ☑ 2 tbsp balsamic vinegar
- ☑ 2 tbsp maple syrup
- ☑ Salt and pepper to taste

PROCESS

- ☑ Chop and peel pumpkin into Bite sized chunks
- ☑ Roast for 40-45 minutes on 180'c
- ☑ Allow Roast pumpkin to cool
- ☑ Set out 1/2 the spinach leaves at bottom of salad bowl
- ☑ Add roast pumpkin and place remaining spinach leaves through out roast pumpkin pieces.
- ☑ Top with cranberries, pepitas, almond pieces and sliced red onion
- ☑ Combine dressing ingredients and store until ready to serve
- ☑ Add dressing just before you serve salad



Pumpkin



Cranberries



Mixed Seeds



ADDITIONAL

Made in the Ladyship and a rich source of calcium, fiber and gut healing foods.