

Spinach Salad

Dressing: $\frac{1}{8}$ red onion 3 Tbsp apple cider vinegar
 $\frac{1}{3}$ c olive oil $\frac{1}{4}$ tsp salt
 $\frac{1}{4}$ c sugar (one pint)

Osterize and keep in fridge while making salad

10 oz fresh washed spinach. Tear - remove veins
 $\frac{1}{2}$ lb cooked, crumbled bacon
 $\frac{3}{4}$ c. toasted slivered almonds
3 granny Smith apples - Sliced very thin

Just before serving, add dressing and toss.