

# Rainbow Superfood Salad

with Wild Blueberry & Balsamic Dressing

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Serves 4-6

## Wild Blueberry dressing

45ml extra virgin olive oil  
15ml balsamic vinegar  
50g dried Wild Blueberries,  
soaked in boiling  
water for 20 minutes  
and drained  
200g feta cheese, cut  
into cubes  
1 sprig thyme

## Salad

1 dessert apple, sliced  
2 sticks celery, sliced  
1 orange, peeled, sliced  
and quartered  
1 fresh pomegranate, broken  
open, seeds removed  
60g walnut halves, toasted



## Preparation

To make the Wild Blueberry dressing, combine the olive oil with balsamic vinegar. Add the Wild Blueberries – squashing them a little to release their juices. Add the feta cheese with a little thyme and set aside. Combine the apple, celery, orange and pomegranate in a bowl, then add the toasted walnut halves. Add the feta cheese and dressing, toss together and serve with hot crusty bread at the table.

