



Mixed Berry and Walnut Salad with Ginkgo Biloba Dressing

SERVINGS: 4

PREPPING TIME: 5 MIN

This recipe combines the vibrant flavors of mixed berries, crunchy walnuts, and a tangy dressing to create a tasty and visually appealing salad. Enjoy!

Ingredients

FOR THE SALAD:

- 4 cups mixed salad greens
- 1 cup fresh berries (such as strawberries, blueberries, or raspberries)
- 1/2 cup walnuts, toasted
- 1/4 cup crumbled feta cheese (optional)

FOR THE DRESSING:

- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1 teaspoon ginkgo biloba extract (liquid or powdered)*
- Salt and pepper to taste

Directions

1. In a large salad bowl, combine the mixed salad greens, fresh berries, toasted walnuts, and crumbled feta cheese (if using). Toss gently to mix.
2. In a separate small bowl, whisk together the olive oil, balsamic vinegar, honey, ginkgo biloba extract, salt, and pepper until well combined.
3. Drizzle the dressing over the salad and toss gently to coat all the ingredients.
4. Serve the mixed berry and walnut salad immediately as a refreshing and nutritious side dish or light lunch option.

*Please note that ginkgo biloba extract is typically available in liquid or powdered form and is often taken as a supplement. Its dosage and potential interactions with other medications should be considered, so it's always best to consult with a healthcare professional before incorporating ginkgo biloba into your diet.