



# Lazy Girl's Strawberry Spinach Salad

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 3 cups of baby spinach
- 1 cup of sliced strawberries
- 1 tbsp of sliced almonds
- a couple dashes of ground black peppercorns
- a few dashes of dried parsley
- a few spritzes of Hellman's Salad Spritzers in RASPBERRY (or you can use any Raspberry or Plum salad dressing).

## Instructions

1. Mix all but the last ingredient into one bowl.
2. Spritz on the salad dressing.

Voila!

Editor's note: This salad is chock-full of antioxidants and vitamins, which are especially important if you are dealing with a condition such as attention deficit hyperactivity disorder (ADHD). The berries, spinach and almonds will provide you with tons of energy and the nutrients you need to get through the day. When [cooking for ADHD](#) you should always include these key antioxidants to power your mind and body.