Spinach Apple Salad

4 c. fresh spinach leaves

1 head Boston or Bibb lettuce

2 medium apples (Braeburn, Pink Lady or Granny Smith)

¼ c. chopped walnuts

½ plain yogurt

1 T. Honey

1/8 tsp. ground coriander

1/8 tsp. ground ginger

1/8 tsp. ground turmeric

Placed washed spinach and lettuce in a salad bowl.

Core and slice the apples. Add to the lettuce; toss in the walnuts.

In a small bowl, blend yogurt, honey and spices. Toss with the salad.

Serve immediately. Serves 4.