



Apple Almond Farro Salad

Salad Ingredients

- 1 Cup Uncooked Farro or Pearled Barley, rinsed
- 2 Medium Crisp Red Apples (e.g., Honeycrisp, Pink lady, etc.), cored and diced
- 1 Bunch Scallions, well-trimmed and thinly sliced
- 1/2 Cup [Maisie Jane's Almonds](#), sliced, lightly toasted in your toaster oven for a few minutes if desired
- 1/3 cup dried currants, raisins, or dried cranberries
- 2 tablespoons [Maisie Jane's Smooth Almond Butter](#)
- 1 1/2 to 2 tablespoons Bragg's Aminos or Tamari, to taste

Dressing Ingredients

- 3 Cups Filtered Water
- 1/4 Cup Apple Cider Vinegar
- 1/4 Cup Pure Apple Juice

Directions

1. Mix all salad ingredients together in a bowl.
2. In a separate bowl mix all dressing ingredients together.
3. Drizzle desired amount of dressing on salad and enjoy!

Tip:

Be sure to stir the almond butter well before measuring!
This refreshing salad combines the crispness of apples, the nuttiness of farro, and the unique touch of Maisie Jane's almond butter for a perfect lunch or side dish.