

KALE YEAH! SALAD

Getting my kids to eat more greens is often a challenge, but they actually request this salad. The sweet/sour dressing is a game changer!

So, hide as many nutritious veggies as you can under the tasty dressing.



SALAD INGREDIENTS: *WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS

- KALE
FILL YOUR BOWL TO THE BRIM & CUT INTO SMALL PIECES WITH KITCHEN SCISSORS.
- BROCCOLI
CUT REALLY SMALL—LIKE A SPICE—KIDS WILL NEVER KNOW ITS IN THERE.
- DRIED FRUIT OF CHOICE (CRANBERRIES, CHERRIES, BLUEBERRIES, WATERMELON, ETC.)
- FRESH FRUIT ANY COMBO (STRAWBERRIES, BLUEBERRIES, BLACKBERRIES, MANGO, ORANGE, APPLE, ETC.)
- NUTS/SEEDS OF CHOICE (WALNUTS, PECANS, CHIA, HEMP, SUNFLOWER SEEDS, ETC. I USE HOLY OMEGA MIXTURE).
- DRIED COCONUT
- SESAME STICKS OR WON TON FOR SOME ADDED CRUNCH
- OPTIONAL CHEESE OF CHOICE (RAW, VEGAN, FETA, GOATOWHATEVER YOU LIKE!)

DRESSING INGREDIENTS: THIS IS THE SECRET SAUCE THAT REALLY SELLS THIS SALAD!

- ¼ CUP MAPLE SYRUP GRADE B
- ¼ CUP LEMON JUICE
- ¼ CUP LIME JUICE
- 2 TBS EVOO
- ½ - 1 TSP PINK SALT
- ¼ TSP BLACK PEPPER

DIRECTIONS

- IN LARGE BOWL COMBINE ALL SALAD INGREDIENTS
- COMBINE DRESSING INGREDIENTS & POUR ONTO SALAD (COMBINE WELL SO ALL GREENS ARE COATED)