



Hail Kale Salad

LEAFY GREENS LIKE KALE ARE A NUTRITIONAL POWERHOUSE. IT IS GREAT SOURCE OF CARETENOIDS, IS HIGH IN VITAMIN C & K AND IS RICH IN FOLATE, CALCIUM, IRON, MAGNESIUM & POTASSIUM

Ingredients

1 bunch of kale
Pinch of sea salt
1 small avocado
3 Tbs nutritional yeast
Cayenne pepper, to taste
2 handful sprouts, any kind
1 tomato, cubed
Juice of a lemon
1-2 Tbs. dulse flakes (totally optional)
Handful of dill, parsley or coriander, or combination (optional)

Method

Tear the kale leaves off the stem and place into a mixing bowl. Add a pinch of sea salt, and tear into bite-sized pieces.

Core and scrape out the avocado flesh into the bowl, and massage the kale with the avocado and lemon juice.

Mix in the nutritional yeast and cayenne pepper.

Then, mix in the sprouts, tomato and dulse flakes, herbs of choice and add a little more sea salt, if desired.