



## Winter Kale Salad

4 servings  
20 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil  
1 tbsp Apple Cider Vinegar  
1 tsp Dijon Mustard  
1 tsp Maple Syrup  
1/8 tsp Sea Salt  
6 cups Kale Leaves (thinly sliced)  
1/2 cup Pomegranate Seeds  
1 Pear (cored and thinly sliced)  
1/4 cup Pumpkin Seeds  
1/4 cup Unsweetened Coconut Flakes (toasted)

### Nutrition

Amount per serving	
Calories	230
Fat	14g
Saturated	5g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	23g
Fiber	7g
Sugar	8g
Protein	5g

### Directions

- 1 Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.
- 2 Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.
- 3 Top the massaged kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!

### Notes

**Leftovers,** Store in an airtight container in the fridge for up to two days.

**No Pear,** Use sliced apple instead.

**No Kale,** Use Swiss chard or collard greens instead.