

Cheezy Herbed Kale Salad

Simple Nutrient Dense Salad



TOTAL TIME

20 mins



COURSE

Main Course, Salad, Side Dish



SERVINGS

2

EQUIPMENT

- High Speed Blender

INGREDIENTS

- 1 Bunch Kale - Stemmed and chopped thinly
- 1 Beet - Peeled and Shredded
- 2 Carrots - Peeled and Shredded
- 1 Cup Purple Cabbage - Shredded
- 1/2 Red Bell Pepper - Julienned

Hemp Seed Dressing

- 1/4 Cup Hemp Seeds
- 1/2 Cup Cashews - Soaked and Drained

- 1/4 Cup Olive Oil
- 1/4 Cup Lemon Juice
- 1/4-1/2 Cup Water (Amount For Desired Thickness)
- 2 Cloves Garlic
- 1 Tsp Dried Italian Herbs
- 1/2 Tsp Sea Salt

Toppings

- 1/2 Avocado - Sliced Thin
- Pinch Sea Salt
- Pinch Cayenne (Optional)

INSTRUCTIONS

1. Place all salad ingredients in large bowl.

Blend dressing ingredients in high speed blender until smooth.

Add dressing to salad mix. Dress to taste.

Top with suggested toppings.

Enjoy!



KEYWORD

Kale Salad