

# Kelp Noodle Salad

Delicious Cheezy Kelp Noodle Kale Salad



TOTAL TIME

20 mins



COURSE

Main Course, Salad

CUISINE

American



SERVINGS

4 People

## INGREDIENTS

- 1 Package Kelp Noodles - Soaked in Lemon Water For 15 Minutes
- 1 Bundle Curly Kale - Stems Removed & Sliced Thin
- 1/2 Red Bell Pepper - Diced
- 2 Carrots - Shredded
- 10 Kalmata Olives - Sliced In Halves

### Cheezy Dressing

- 1/2 Cup Soaked Almonds
- 1 Clove Garlic
- 1/4 Cup Olive Oil
- 2 Lemons- Juiced
- 1/4-1/2 Cup Water - Amount Depends On Desired Consistency

- 1/2 Tsp Sea Sal
- Dash Cayenne Pepper

## INSTRUCTIONS

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1. Start off by soaking kelp noodles in water and juice of 1 lemon. Set aside.

Add all cut vegetable ingredients to large bowl.

Blend dressing ingredients in high speed blender until creamy and smooth. Adjust water to desired consistency.

Drain water from kelp noodles and pat dry. Add to vegetable bowl and fold noodles into veggies.

Add dressing to taste. Massage dressing into salad making sure it is evenly distributed.

Top with avocado and sprouts of your choice.

Enjoy!



KEYWORD  
Kale Salad