

Kale Salad with Creamy Cashew Dressing

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

DRESSING

- 1 cup soaked cashews, water discarded
- 1-2 garlic cloves
- 1 tbsp ground onion powder
- 1 tbsp dried Italian seasoning
- 1/2-1 cup filtered water*
- 1.5 tbsp apple cider vinegar
- 3 tbsp extra-virgin olive oil
- Pinch sea salt and ground black pepper

SALAD - SERVES 2-4

- 4-5 cups of chopped kale and romaine
- 4 carrots, chopped
- Half cucumber, chopped
- 1/4 cup sultana raisins

Instructions:

1. Combine all ingredients into a food processor or blender and blend until creamy.
2. Combine salad ingredients in a large bowl, toss with dressing. You'll likely have some dressing leftover for dipping and future salads.

Notes:

*I've given you a range for water because it just depends on how creamy you like it. With 1/2 cup of water only it's also great as a healthy dip for veggies or crackers. The dressing recipe will give you more than enough for the salad.