

Chopped Kale and Beet Salad

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 4 medium beets, grated (or 2 cups grated beets)
- 2 bunches kale, washed and ripped away from stems into bite size pieces and then finely chopped.
- 1/3 cup pumpkin seeds
- 6 medjol dates, chopped (remove the pit)

Dressing

- 1/2 cup fresh lemon juice (from 1 lemon)
- 1/2 cup extra virgin olive oil, to taste
- 2 tbsp honey
- 1/2 teaspoon sea salt

Instructions:

1. Chop, chop, and chop the kale. Combine the kale, beets, pumpkin seeds and dates in a large bowl.
2. Whisk dressing ingredients together. Pour over top of salad and enjoy!