

Punchy Crunch Kale Seed Salad

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 bunch of kale
- 1/2 red onion
- 4 carrots
- half purple cabbage
- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds
- 1/4 cup chia seeds

Dressing

- 1/2 cup hemp, flaxseed oil or extra-virgin olive oil
- 2 tbsp gluten-free tamari or coconut aminos
- 2 tbsp balsamic vinegar
- 1/2 tsp fresh ginger, grated
- 1/2 tsp sea salt
- handful fresh herbs

Instructions:

1. Wash and de-stem kale leaves. Rip them into bite size pieces. Finely chop the onion, grate the carrots and thinly slice the cabbage. Mix all the vegetables into a large bowl and top with seeds. Toss with dressing. Let sit for an hour or so before eating to let the flavours marinate.
2. Top with some sliced avocado.

Notes:

Serves 2-4.