

# Juicy & Crunchy Kale Salad

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1 head dino (tuscan) kale, washed and de-stemmed, chopped
- 3 small apples (Macintosh, Royal Gala or Granny Smith), chopped
- 2 carrots, grated or shaved with a veggie peeler
- 3 celery stalks, chopped
- 1/3 medium red onion, finely chopped
- 5-6 medjol dates, pitted and chopped
- 1 ripe avocado, cubed

## dressing

- 3 parts extra-virgin olive oil
- 1 part apple cider vinegar or lemon juice
- 1-2 garlic cloves, finely chopped
- Sea salt to taste

## Instructions:

1. In a small bowl, whisk together extra-virgin olive oil and apple cider vinegar. Add garlic and sea salt. Set aside.
2. In a large bowl, combine kale and remaining salad ingredients.
3. Toss salad with dressing.
4. Enjoy right away or refrigerate for a few hours. Consume within 24 hours for maximum nutrition and crunch!

## Notes:

Serves 4-6