

KALE AND BRUSSEL SPROUT SALAD

Ingredients:

- 1 bag of organic kale chopped up
- 1 bag or 2 pounds of Brussel sprouts, shredded
- ½ cup dried cranberries
- ½ red onion sliced thinly
- 1 ½ cup sliced strawberries or other chunks of fruits
- Pumpkin Seed praline or slivered almonds or other nuts (caramelized or not)
- ¼ cup fresh lemon juice
- ¼ cup maple syrup or honey
- ¼ cup organic fruit juice or fruit puree (optional, such as orange juice if using oranges to garnish)
- Salt and pepper to taste
- 1/3 cup extra virgin olive oil

Instructions:

1. Mix lemon juice, maple syrup, olive oil, salt and pepper. If using other fruit juices, lessen the lemon juice to 2 tbsp.
2. Remove the hard middle rib of the kale leaves.
3. After rinsing and spinning dry, put kale and Brussel sprouts in a salad bowl and massage the salad dressing into it.
4. Sprinkle cranberries, red onion slices, nuts or pumpkin seed praline, and fruits. Serve and enjoy.