Kale and Beet Salad
Adapted from www.joyoushealth.com

Prep time 10 min
Serves 4 (about 1 cup each)

Ingredients:

1. 4 medium beets, grated (or 2 cups) RAW
2. 2 bunches kale, washed and ripped away from stems and then chopped
3. 1/3 cup pumpkin seeds
4. 6 med dates, chopped (remove the pit)
5. Optional ingredients: grated carrots, sunflower seeds, shallots or green onions, dried cranberries, walnuts or almonds, chia seeds or flax meal

Dressing:

1. 1/2 cup fresh lemon juice (from 1 lemon) (I use less, about 2 Tbsp to massage kale)
2. 1-2 Tbsp extra virgin olive oil
3. 1-2 Tbsp honey (to taste)
4. 1/2 teaspoon sea salt
5. Optional ingredients: garlic, 1 tbsp Dijon mustard

Instructions:

1. Remove kale from stems and chop.
2. Put kale into a large bowl and add about 1-2 tbsp. of lemon juice. Massage kale until it is about half the size (2 min).
3. Add to massaged kale, raw beets, pumpkin seeds and dates in a large bowl (and any additional ingredients or substitutions you may desire).
4. Whisk dressing ingredients together in a separate bowl. I warm the oil and honey in the microwave so it coats the salad better.
5. Pour over top of salad and mix well. Let stand 10 minutes to marinate.
6. Serve on a white plate or bowl for optimal eye-appeal.
7. You may want to serve optional additions like onions, nuts or

Nutrition Info

Servings Per Recipe: 4
Amount Per Serving
Calories: 124.4
Total Fat: 6.3 g
Cholesterol: 0.0 mg
Sodium: 541.3 mg
Total Carbs: 16.0 g
Dietary Fiber: 5.2 g
Protein: 4.6 g