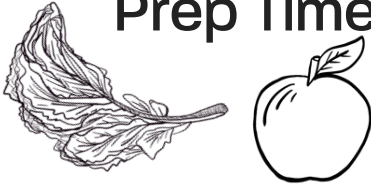


# Kale Apple Salad

Prep Time: 15 min    Serves: 8



## Ingredients:

- 6 cups of kale
- 2 sweet apples
- 1 cup of carrots, shredded
- 2 Tbsp red or white wine vinegar
- ¼ cup Dijon mustard
- 1 Tbsp honey
- ½ tsp garlic powder
- ½ cup olive oil
- 1 pinch salt
- 1 pinch of black pepper

Check out the recipe video on

**You** **Tube**



[www.youtube.com/c/AppleSeedsInc](https://www.youtube.com/c/AppleSeedsInc)

## Instructions:

1. Cut off kale stems.
2. Slice kale into thin pieces (about ½ an inch).
3. Dice apples into ¼ inch pieces.
4. Use grater to shred carrots.
5. In a large mixing bowl, toss kale, apples, and carrots together.
6. In a small jar pour vinegar, mustard, honey, oil, salt, garlic, and pepper.
7. Seal lid on the jar and shake vigorously to combine.
8. Pour dressing on top of salad and either gently toss or massage into mixture with hands.
9. Serve immediately.

[www.appleseedsnwa.org](http://www.appleseedsnwa.org)

