

Marinated Kale Salad

Perfect salad for a quick and satisfying lunch!

PREP TIME: 10 minutes

COOK TIME: 0 minutes

Makes 1-2 servings

Vegan, gluten free, nut-free options

INGREDIENTS

- ❑ 1 bunch of washed, curly kale
- ❑ 1 tablespoon peanut butter*
- ❑ 2 ½ tablespoons apple cider vinegar
- ❑ 1-2 tablespoons Tamari or Soy Sauce
- ❑ 1 tablespoon agave nectar or pure maple syrup
- ❑ **Optional:** nuts and seeds of choice (we love pumpkin seeds!), dried fruit, drained and rinsed canned beans

**sub almond butter, sunflower seed butter, or tahini for allergies*

INSTRUCTIONS

1. Gently pat kale leaves dry
2. De-stem the kale and tear into pieces. Add to large bowl.
3. Add almond butter, apple cider vinegar, soy sauce, and agave nectar to a small bowl and whisk together for 30 seconds.
4. Pour dressing over kale leaves, massage the kale with your hands for 2-3 minutes. The more you massage the kale, the more tender and flavorful the leaves will become.
5. Transfer the kale to one large or two small salad bowls and top with desired garnishes.

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NOTES

**Can be refrigerated prior to adding toppings and be eaten for lunch the next day!*