



RECIPES

Kale Cranberry Salad

6-8 large fresh kale leaves, washed and dried
¼ cup dried cranberries
¼ cup raw pine nuts or raw sunflower seeds
2 Roma tomatoes, washed and sliced or diced
1 diced avocado

Lay out kale leaves on cutting surface and slice down the center lengthwise first and then cut into thin strips cross ways about ¼ - ½ inch wide. Place into salad bowl along with cranberries, pine nuts, tomatoes, and avocado. Then dress salad.

Dressing:

¼ cup extra virgin olive oil
2 Tbsp lemon or tangerine juice
1 Tbsp. Bragg's liquid amino's
1 Tbsp. grade B maple syrup
1 Tbsp. goat yogurt
¼ tsp. elephant garlic powder
Dashes Real Salt and cayenne pepper

Place all ingredients into cruet with stopper and shake well, or blend in food processor.