

Kale and Apple Salad

Prep time: 15 min
Serves 4



INGREDIENTS

- 6 large kale leaves
- 1 apple
- 1 small carrot, peeled
- ½ fresh beet, peeled
- 1/4 cup dried cranberries

Dressing Ingredients

- 2 tablespoons apple cider vinegar
- 2 tablespoons honey
- 2 tablespoons olive oil

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Wash kale and shake dry. Remove stems, break leaves into small bite-sized pieces, and place in large bowl.
2. Remove apple core and chop apple into bite-sized pieces. Add to the kale.
3. Grate the carrot and beet and add to the kale.
4. Measure cranberries and mix with kale.
5. Measure all dressing ingredients. Add to a jar. Replace jar lid and shake until well mixed. Or, place all dressing ingredients in a small bowl and mix with a fork.
6. Pour salad dressing over salad to taste, mix, and enjoy!