Kale and Apple Salad

Prep time: 15 min Serves 4



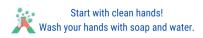
INGREDIENTS

- 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



- 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!







