

Winter Kale Salad

10 ingredients · 20 minutes · 4 servings



Directions

1. Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.
2. Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.
3. Top the massaged kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to two days.

No Pear

Use sliced apple instead.

No Kale

Use Swiss chard or collard greens instead.

Ingredients

- 2 **tbsps** Extra Virgin Olive Oil
- 1 **tbsp** Apple Cider Vinegar
- 1 **tsp** Dijon Mustard
- 1 **tsp** Maple Syrup
- 1/8 **tsp** Sea Salt
- 6 **cups** Kale Leaves (thinly sliced)
- 1/2 **cup** Pomegranate Seeds
- 1 Pear (cored and thinly sliced)
- 1/4 **cup** Pumpkin Seeds
- 1/4 **cup** Unsweetened Coconut Flakes (toasted)

Nutrition

Amount per serving

Calories	230	Vitamin D	0IU
Fat	14g	Vitamin E	1mg
Carbs	23g	Thiamine	0mg
Fiber	7g	Riboflavin	0mg
Sugar	8g	Niacin	0mg
Protein	5g	Vitamin B6	0mg
Cholesterol	0mg	Folate	3µg
Sodium	174mg	Vitamin B12	0µg
Potassium	96mg	Phosphorous	5mg
Vitamin A	9761IU	Magnesium	3mg
Vitamin C	17mg	Zinc	0mg

Courtney Cox

<http://www.AwakenYourHealth.Org>



Calcium	133mg	Selenium	0µg
Iron	4mg		