



## **Apple Hazelnut/Walnut/Pumpkin Seed Kale Salad**

### **Ingredients:**

- 1/2 - 1 bunch fresh kale, rinsed & finely chopped
- 1 cup finely chopped green cabbage
- 1 cup finely chopped purple cabbage
- 1 cup shredded carrots
- 1 apple, rinsed, skin on, coarsely grated
- 1/4 - 1/2 cup chopped hazelnuts, walnuts, pistachios or pumpkin seeds

### **Dressing:**

- 3 Tbsp apple cider vinegar
- 2 Tbsp 100% apple cider – use real apple cider not apple juice
- 1/4 cup extra virgin olive oil
- 1/8 tsp salt

### **Instructions:**

1. Mix all the dressing ingredients in a small bowl.
2. Pour dressing over the remaining ingredients and gently stir.
3. Adjust seasonings –
4. Enjoy – this salad is to die for!!!

*Adapted from cuisinicity.com*