



Apple Hazelnut/Walnut/Pumpkin Seed Kale Salad

Ingredients:

$\frac{1}{2}$ - 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
 $\frac{1}{4}$ - $\frac{1}{2}$ 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
 $\frac{1}{4}$ cup extra virgin olive oil
 $\frac{1}{8}$ 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