

RECIPE

MAY

KALE AND APPLE SALAD



Prep Time: 5 minutes

Cook Time: 30 minutes

Serves: 4-6 people

Ingredients

- In a large bowl, whisk apple cider vinegar, olive oil, salt, pepper and honey.
- Toss kale with dressing. Let stand at least 5 minutes.
- Add diced apples and raisins.
- Toss until well combined.
- Enjoy!

Steps

- 1/4 cup apple cider vinegar
- 3 tbsp. extra virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon honey
- 1 bunch kale, ribs removed, chopped
- 1 cup of red delicious apples, diced
- 1/3 cup. raisins