

Lunch Recipe: Kale Salad with Peanut Dijon Dressing

Salad

1 large bag of organic kale

2 cups of carrots (shredded)

1 purple cabbage (thinly sliced)

1 large red bell pepper (sliced)

1 ½ cups of broccoli (finely chopped)

1 can of chickpeas (drained)

½ cup of peanuts

Dressing

1 tablespoon dijon mustard

2 tbsp peanut butter (organic)

½ tbsp honey

1 tbsp olive oil

1 clove of garlic

1 tbsp of lime juice (fresh)

3 tbsp of water

salt (to taste)

pepper (to taste)

Instructions

1. In a large bowl, add in kale, carrots, cabbage, bell pepper, broccoli, peanuts and chickpeas and mix well.
2. Next, in a blender, add dijon mustard, peanut butter, honey, olive oil, garlic, lime juice, water and salt and pepper to taste.
3. Puree.
4. Serve salad and drizzle with dressing.