



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.