

## Simple and Yummy Kale Salad

- 1 bunch kale - washed, de-stemmed & torn into small pieces
- 1/4 teaspoon cayenne (optional)

### Dressing:

- 3 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons honey
- 1 teaspoon sea salt
- 2 minced garlic cloves

### Directions:

1. Combine ingredients for dressing & pour over leaves. Massage dressing into leaves
2. Let sit at least 2 hours with dressing, keeps 2 days refrigerated



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1. Add some of these optional ingredients after the kale has sat at least 2 hours:

Red Peppers

Onions

Steamed green beans

Feta

Nuts

Etc!

