

## Kale and Apple Salad

### INGREDIENTS

- 4 cups chopped kale
- ½ medium red apple
- 1 tbsp. raw sunflower seeds
- 1 lemon, juiced
- 1 tbsp. olive juice

### DRESSING

- 1 tbsp. balsamic vinegar
- 1 tbsp. olive juice

### DIRECTIONS

1. To make the dressing, combine the lemon juice and olive oil in a small bowl.
2. Pour the dressing over kale and massage kale leaves.
3. Chop the apple into small pieces.
4. Place kale in a large bowl.
5. Add the chopped red apple and sunflower seeds to the large bowl. Mix well.

