

# MASSAGED KALE SALAD

1 BUNDLE OF KALE LEAVES

## DRESSING INGREDIENTS

1 FRESH LEMON, SQUEEZED

EXTRA VIRGIN OLIVE OIL (HALF OR TWICE AS MUCH  
AS THE LEMON JUICE)

1/4 TSP OF SEA SALT

2-3 CLOVES OF GARLIC (SMASHED INTO PASTE)

2 TBSP NUTRITIONAL YEAST

## DIRECTIONS FOR DRESSING

- 1.) SQUEEZE LEMON JUICE INTO A JAR.
- 2.) POUR EQUAL AMOUNTS OR TWICE AS MUCH OLIVE OIL AS THERE IS LEMON JUICE IN THE JAR.
- 3.) ADD SALT AND GARLIC AND SHAKE JAR
- 4.) TASTE TEST AND ADD INGREDIENTS TO TASTE.
- 5.) OPTIONALLY FRESH HERBS LIKE BASIL, CILANTRO, GREEN ONIONS OR PARSLEY FOR ADDED FLAVOR.

## DIRECTIONS FOR KALE SALAD:

- 1.) BREAK THE LEAVES FROM THE STEM OF THE KALE AND WASH UNDER WATER IN STRAINER. SHAKE EXCESS WATER AND PLACE IN BOWL.
- 2.) POUR THE DRESSING OVER THE KALE AND BEGIN TO MASSAGE THE KALE WITH YOUR HANDS, SCRUNCHING IT, BREAKING DOWN THE FIBERS OF THE THICK LEAFY PLANT. ALLOW IT TO ABSORB THE OIL AND JUICES. ADD IN THE NUTRITIONAL YEAST AND MASSAGE FOR ABOUT 3-5 MINUTES.
- 3.) OPTIONALLY, ADD SEEDS AND DRIED OR FRESH BERRIES. SUNFLOWER OR PUMPKIN SEEDS, CRANBERRIES OR RAISINS AND TOSS IN SALAD.
- 4.) SERVE AND ENJOY.