

Kale and Fruit Salad Joy



Skill Level: EASY
Prep Time: 10 Minutes

Ingredients

This recipe offers ingredient proportions based on my favorite version. Use any similar textured fruits / nuts to make it your own. Makes a great leftover or meal prep.

5 Leaves Dino Kale chopped finely
1 apple chopped
1/4 cup raisins
12 cashews, almonds, or pecans
1/2 banana
Chia or flax (grind them up a bit before adding to salad)

Dressing: 1 tsp EVOO, 1/2 tsp jam, 1 tsp balsamic, dash of salt. Combine dressing ingredients separately and toss in salad.

Texture is important here so don't be afraid to mix and match. Nutrient dense delicious energy.