Kale and Fruit Salad Joy

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.

Skill Level: EASY
Prep Time: 10 Minutes

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