

Recipe for

Kale Broccoli Salad



INGREDIENTS

SERVES 1

PREP TIME/TOTAL TIME
Approx 15 min/ 20 min

NUTRITION INFORMATION

Total Calories 268
Fat 10.2 g
Protein 11.4 g
Carbohydrates 40.3 g
Fiber 8.4 g

2 cups of kale

1 tsp of lemon juice

1 cup of broccoli

1/2 cup shredded carrots

1/4 cup diced red onions

1 tbsp chopped almonds

1 tbsp raw sunflower seeds

DIRECTIONS

Massage 2 cups of kale with 1 tsp of lemon juice and then cut in small to medium pieces

Chop 1 cup of broccoli in small pieces

Shred 1/2 cup carrots with cheese grater

Dice 1/4 cup red onions

Roughly chop or blend 1 tbsp of almonds

Add all ingredients to a large bowl and mix

Mix in 1 tbsp of raw sunflower seeds and enjoy salad with your choice of dressing

