

NATURE'S



FOOD PATCH

Market & Café

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Massaged Kale Salad 5/25 - Brad Myers

Ingredients:

- 2 Heads of Kale
- Juice of 2 lemons
- 2 tsp Salt
- 1-2 Avocados
- 2 Tsp Coconut Oil
- 2-4 Carrots- julienned strips
- 2 Stalks Celery- very finely diced
- ¼ Yellow Pepper- very finely diced
- ¼ Red Onion- very finely diced
- 3 Rings Dried Pineapple- very finely diced
- 1 Small Apple- Diced
- 1-2 Mangoes- Diced
- 3 Tsp Hemp Seeds



- Remove stems from kale and chop or break apart with hands into small pieces.
- Add lemon juice and salt and massage kale for 5-10 minutes
- Mash avocado with coconut oil into kale and continue massaging
- Simply stir in remaining ingredients
- Eat and enjoy 😊

This dish will keep in the fridge for 3-5 days and tastes even better the next day!