

Food Babe's Kale Slaw Salad



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	0 mins	10 mins	2

<https://foodbabe.com/kale-slaw-salad-recipe>

Ingredients:

- 3 cups kale, finely chopped
- 1 tablespoon fresh lime juice
- 1 cup red cabbage, finely chopped
- 1 medium carrot, grated
- 2 tablespoons fresh cilantro, chopped
- ¼ cup pumpkin seeds (pepitos)

Dressing:

- 3 tablespoons almond butter (nut allergy - use sunflower seed butter)
- 2 teaspoons maple syrup - grade B
- 1 tablespoon fresh lime juice
- 1 teaspoon ginger root, grated
- 2 tablespoons filtered water
- 2 teaspoons tamari soy sauce

Instructions:

1. Pour lime juice over kale and massage with clean hands for about 2-3 minutes to tenderize kale.
2. Mix kale, red cabbage and carrot together in a medium bowl.
3. Place dressing ingredients in a small bowl and whisk well to combine.
4. Pour dressing over kale and stir. Add the cilantro and pumpkin seeds and mix to combine. Let sit for 10-15 minutes to develop flavors. Enjoy!

Notes:

- Optionally, serve with chicken or fish on top.
- Please use all organic ingredients if possible.