

Food Babe's Melt In Your Mouth Kale Salad



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

<https://foodbabe.com/melt-in-your-mouth-kale-salad>

Ingredients:

- 2 cups dinosaur kale, stems removed
- 1/3 cup currants
- 1 whole lemon, juiced
- 1 tablespoon extra virgin olive oil
- 1 teaspoon raw honey (get local if possible)
- 1/2 cup pine nuts, toasted
- 1 pinch sea salt
- 1 pinch fresh ground pepper
- 4 tablespoons raw parmesan cheese

Instructions:

1. In a food processor, process kale into small chopped pieces.
2. To make dressing, stir lemon juice, olive oil, honey, salt and pepper together in a large bowl.
3. Add chopped kale, currants, pine nuts and parmesan to bowl with dressing.
4. Save some toasted pine nuts and/or parmesan cheese for top of salad before serving for presentation purposes.
5. Stir all ingredients together and serve.

Notes:

- Choose all organic ingredients if possible