



Kale Mango Salad

The Ingredients

- 8 cups fresh kale
- 2 tbsp honey
- 1/4 cup olive oil
- 1/2 tsp pepper
- 1 lemon- juiced
- 1 mango- cubed
- 1/2 cup walnuts

The Directions

1. Rinse kale and break apart stalks with hands creating bite sized pieces. Remove stems.
2. Mix honey, olive oil, pepper and lemon to create the dressing.
3. Pour dressing over kale. Add mango and walnuts.

The dressing helps to break down the toughness of the kale. Keep in the refrigerator in a sealed container up for 5 days.

Did you know?

1 cup of kale has more vitamin C than an orange! Kale is also a good source of vitamin A (skin and vision) and vitamin K (heart and bone health).