

ORGANIC KALE SALAD



Total Time: 10 min. (plus 2 hrs. chill time)

Ingredients (makes 4 servings):

- 1 bunch of organic kale, washed and with the tough stalks removed
- 1 medium organic green apple (diced)
- ½ large organic pomegranate
- ½ C roasted pecans
- ½ C cooked organic pearl barley
- 2 Tbsp extra virgin olive oil

Salad Dressing:

- 4 Tbsp lemon juice
- 1 medium organic pear
- 4 Tbsp organic blue agave syrup
- Salt and pepper to taste

Blend ingredients in a blender until smooth

Directions:

1. Combine the kale leaves and olive oil in a big bowl, mixing until the oil is spread evenly over the kale.
2. Add the apples, pomegranate, pearl barley, and roasted pecans. Mix evenly.
3. Add salad dressing. Mix evenly.
4. Marinate in the fridge for 2 hours.