

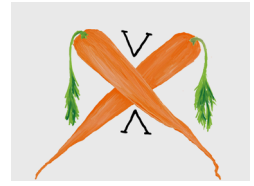
KALE SALAD + ALMOND GINGER DRESSING



SERVES: 4-6

TOTAL TIME: 15 MINUTES

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

1/2 cup raw almonds (sub raw nut of choice for varied results)

1 small garlic clove, peeled

1 inch fresh ginger, peeled, roughly chopped

1/2 tsp dijon mustard

2 1/2 TBSP apple cider vinegar

1-2 TBSP maple syrup

1/2 tsp sea salt

Fresh ground pepper, to taste

1/2 - 2/3 cup filtered water (start with 1/2 cup and add more to thin!)

1 bunch fresh kale, washed, destemmed and torn into bite size pieces

Recommended toppings: apple, walnuts, dried cranberry, vegan parmesan**, etc.

METHOD

Place almonds, garlic, ginger, mustard, ACV, maple syrup, salt/pepper, and water together in a high speed blender. Blend until smooth and creamy (it will have some texture but no large chunks!)

Prepare kale in a medium bowl. Spoon dressing over top, then using clean hands, massage dressing into the kale until all leaves are coated*. You may have extra dressing, save for later!

Toss in recommended toppings and enjoy!

NOTES:

*This is a thick dressing so massaging those leaves is KEY. Plus, it softens the kale leaves and improves the taste and texture!

**Vegan parmesan is easy to throw together and keep in your fridge for up to 2 weeks! My favorite recipe is: 1 cup raw walnuts (could also use almonds or cashews!), 2 TBSP nutritional yeast, 1 garlic clove, ½ tsp sea salt. Blend in a small blender until coarsely ground. Use to top any pasta or salads!

NUTRITION:

Serving Size: 1/6 recipe (approx 1 cup salad) Total Calories: 111

Total Fat: 6 g Sodium: 175 mg Potassium: 226 mg

Carbohydrates: 10 g Fiber: 4g Sugar: 5g Protein: 5g

Vitamin A: 89% Vitamin C: 99% Calcium 12% Iron: 11% (Daily Value)