

Massaged Kale Salad with Radish, Apple, Avocado, and Roasted Sunflower Seeds



This recipe serves 2-4

1 bunch kale

½ - 1 teaspoon sea salt

4 tablespoons honey **Omit if following detox protocol*

4 tablespoons lemon juice (one whole lemon)

1 tablespoon freshly grated ginger

1 apple (cored and sliced)

6 radishes (sliced)

1 avocado

½ cup roasted sunflower seeds*

1. Rinse off the kale, Cut crosswise into ¼ inch pieces, including stems if using dinosaur kale. Sprinkle on ½ teaspoon of the salt and begin to squeeze the kale and salt vigorously with your hands so that the kale softens and moisture begins to sweat out. Taste it to see if you need any more salt, which you probably will. Massage the kale until it's moist and tender.
2. Mix together the lemon juice, honey, and ginger, and combine with the kale. Toss together. Slice up the apple into small chunks, the radish, the avocado, add the roasted sunflower seeds and some pepper—toss it and serve.

**to roast sunflower seeds, put into a shallow pan, preheat your oven onto 350 degrees F and bake for 10-15 minutes. For lighter a roast, 10 minutes, for a darker roast, 15 minutes. Enjoy!*