

Pressed Kale Salad w/Spiralized Beets & Currants
Serves 2

Ingredients:

- 1 bunch kale, stemmed and torn
- 1 ea. avocado, pitted, removed from the skin
- 1 tbsp sesame or avocado oil
- 1 tbsp lemon juice
- ½ tbsp raw apple cider vinegar
- 1 tbsp raw agave syrup
- To taste, salt and pepper
- ¼ cup sunflower seeds, toasted
- 1 ea. beet, spiralized or shredded (I have used Chioggia beets)
- 1 ea. sweet potato, spiralized or shredded
- ½ cup grape tomatoes, halved
- ¼ cup currants
- 1 tbsp dulse flakes
- Fresh basil, chiffonade for garnish

Method of Preparation:

1. In a large bowl add kale, avocado, oil, lemon juice, vinegar, agave syrup, salt.
2. Massage a few minutes to coat the kale with seasoning and break down the fibers in the leaves.
3. Add seeds, spiralized beet and sweet potato, currants, tomato, and dulse. Mix gently.
4. Taste and adjust seasoning with salt and pepper as needed.
5. Garnish with fresh basil or any other fresh herbs on hand