

Kale and Avocado Salad

So quick and easy to make yet so nutritious

Equipment:

None required

Ingredients:

300g of kale
1-2 tbsp olive oil
2 avocados
5 baby tomatoes
½ tsp Himalayan salt
1 tbsp lemon juice



Serves: 4 people as a side
Prep time: 5 minutes

Method:

1. Chop the kale into small pieces. Place in bowl.
2. Add the oil and massage well into the leaves until they look shiny.
3. Massage the avocado into the leaves.
4. Chop the tomatoes into small pieces and add.
5. Season with salt and lemon juice.

Top Tips: You can add other ingredients such as sprouts, peppers and cucumber.

Adapted from a salad by Karen Knowler, www.therawfoodcoach.com