

Recipe for Kale Salad with Avocado and Apple

Ingredients:

- *1 bunch of kale, thick stems removed and coarsely chopped
- *1 ripe avocado, diced
- *sea salt and freshly ground pepper
- *1 small garlic clove, peeled and minced
- *3 tablespoons olive oil
- *1 carrot, peeled and sliced into thin half moons
- *1 small, green apple, sliced thin
- *1 large handful of sunflower seeds

Directions:

1. Place kale in a large bowl with the avocado. Add salt, garlic, and olive oil. Mix very well, "massaging" the greens for about 3 minutes.
2. Reserve a small handful of the carrot and apple slices for garnish, then gently fold the rest into the kale mixture with sunflower seeds. Taste and season with additional sea salt, if necessary.

Adapted from [Lucid Food: Cooking for an Eco-Conscious Life](#).