

# Kale & Apple Salad

## Ingredients:

- Kale, 1 bunch
- Apples, 2
- Lemon juice, ¼ cup (1 large lemon)
- Honey, 3 tablespoons
- Fresh ginger, 1 tablespoon
- Olive oil, 2 tablespoons
- Salt, 1 teaspoon
- Dried cranberries, ½ cup
- Sunflower seeds, ½ cup
- Optional: Gorgonzola or blue cheese, 1/3 cup

## Method:

- Clean kale, remove stems and cut into ribbons. Chop apples into thin, half slices. Place kale and apples in a large bowl.
- Cut off the skin and grate the fresh ginger. Mix lemon juice, honey, fresh ginger, olive oil and salt and toss with kale and apples.
- Add in remaining ingredients and toss finished salad.

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