

Kale Brussel Sprout Broccoli Salad

Salad:

2 cups baby kale

2 cups of shaved fresh brussels sprout, about 12

2 cups of shaved fresh broccoli, a large head

2 cup of sliced and diced red cabbage

Dressing:

6 tablespoon apple cider vinegar

4 teaspoon Dijon mustard

3 teaspoons chia seeds

1/2 teaspoon Himalayan sea salt

1/4 teaspoon black pepper

6 tablespoons of extra-virgin olive oil



Salad: Add all ingredients together into a large bowl.

Dressing: Add all ingredients in a medium bowl and whisk together. Before serving toss whisked dressing over top of greens and toss to coat evenly. Serve.

RECIPE makes 4 servings – divide by 4 to make 1 serving or divide in half to make two servings

Serving Size = 2 cups of salad with 2 teaspoons of dressing